

Red

JULY 2015 £4

HOLIDAY BEAUTY COUNTDOWN

- 1 SUN-WORSHIP SAFELY
- 2 BEACH MAKE-UP: GOLD, AQUA & CORAL
- 3 TONE UP IN THE POOL? YES, PLEASE

Eats
FEEL-GOOD FOOD
Recipes to make you glow

Red's talking about...

- Natalie Imbruglia: beautiful, brave and back
- Taboo: the secret life of fillers
- The fabulous world of Charlotte Tilbury

NEW!
6 pages of
summer books

YASMIN LE BON
ON SIMON,
HER GIRLS
& FINDING
HAPPY

Lust
IN A HOT
CLIMATE

One
woman's
story

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ABIKINI FOR EVERY BODY SHAPE
FESTIVAL STYLE FOR GROWN-UPS

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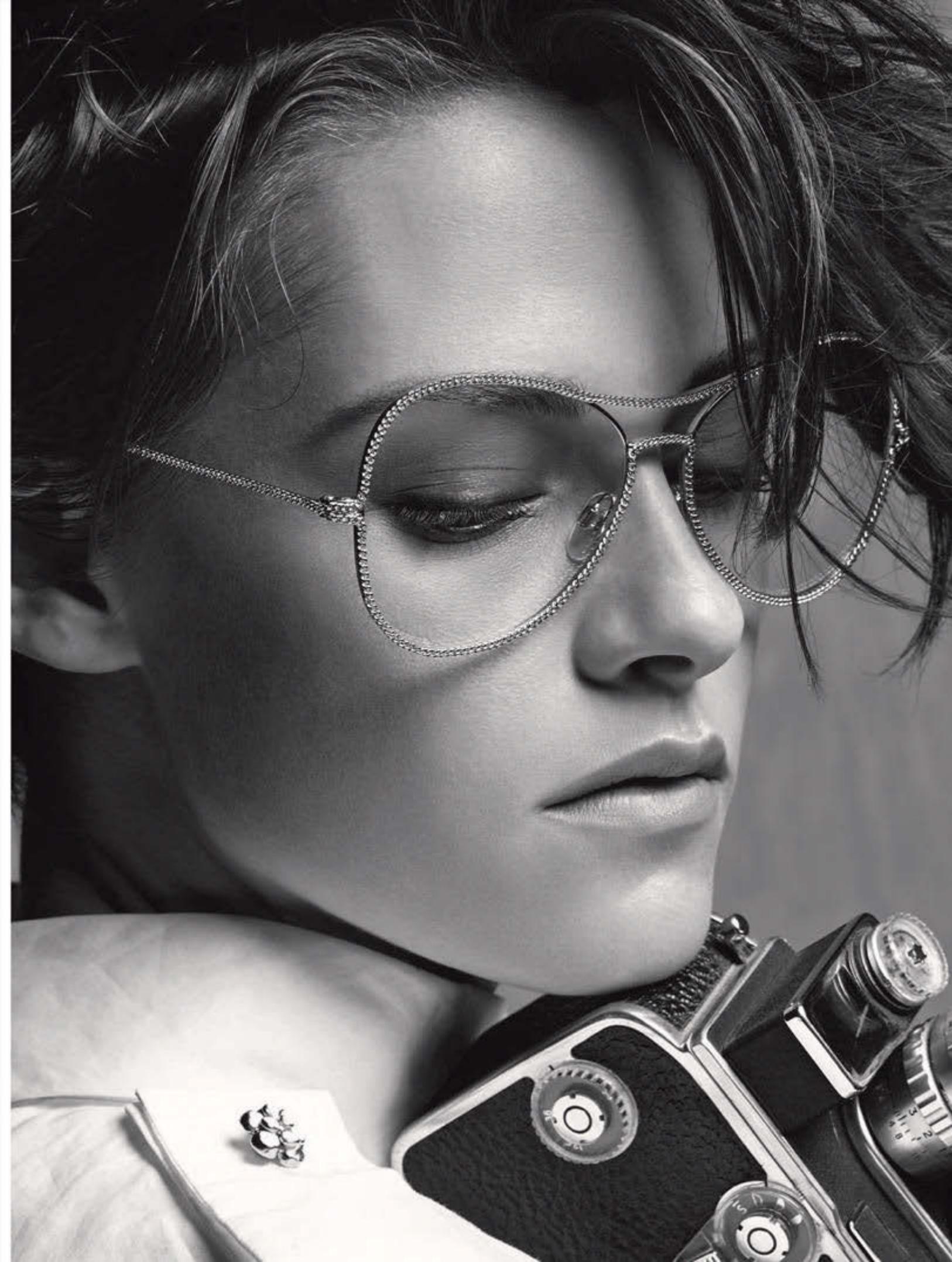
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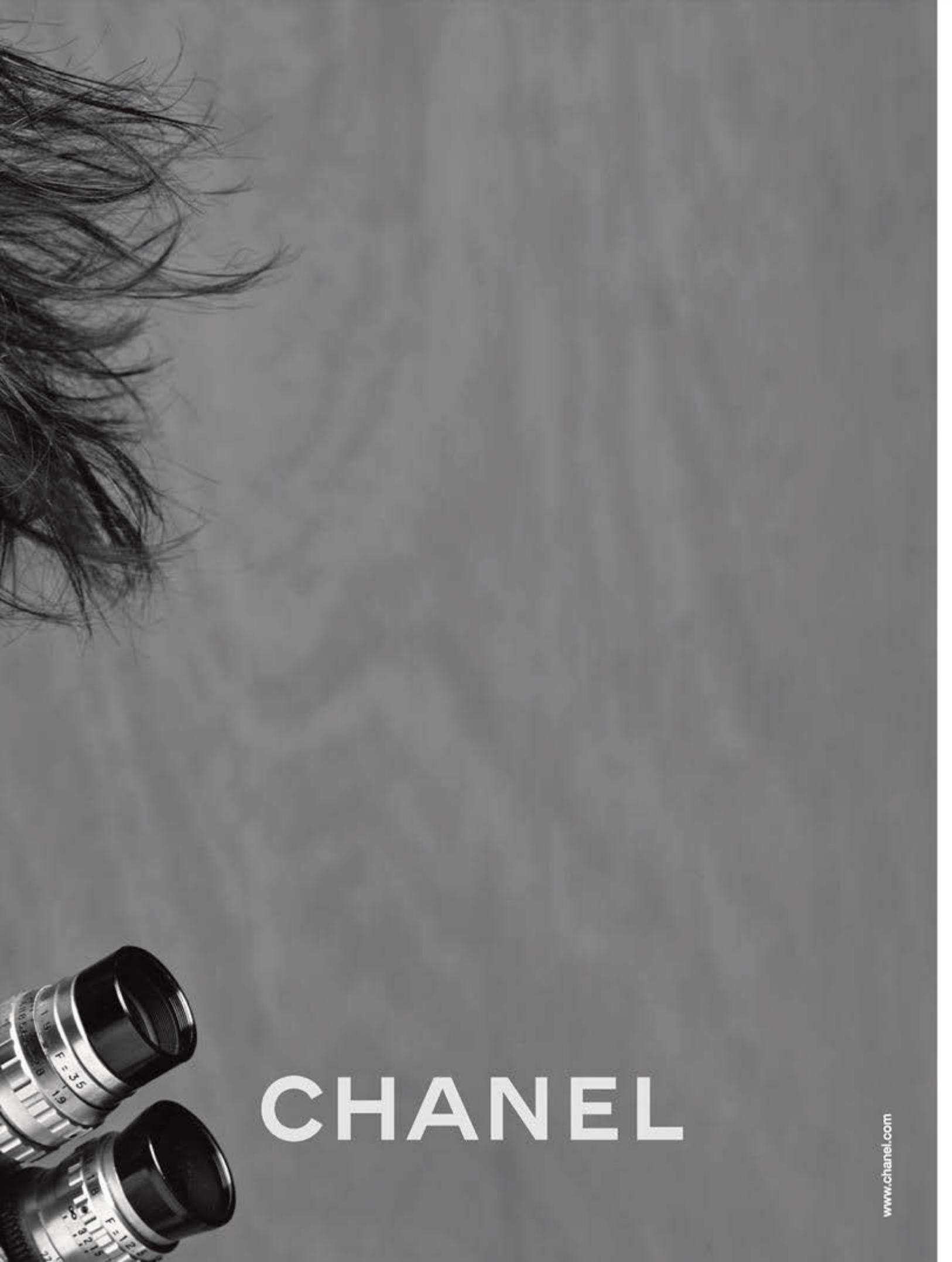
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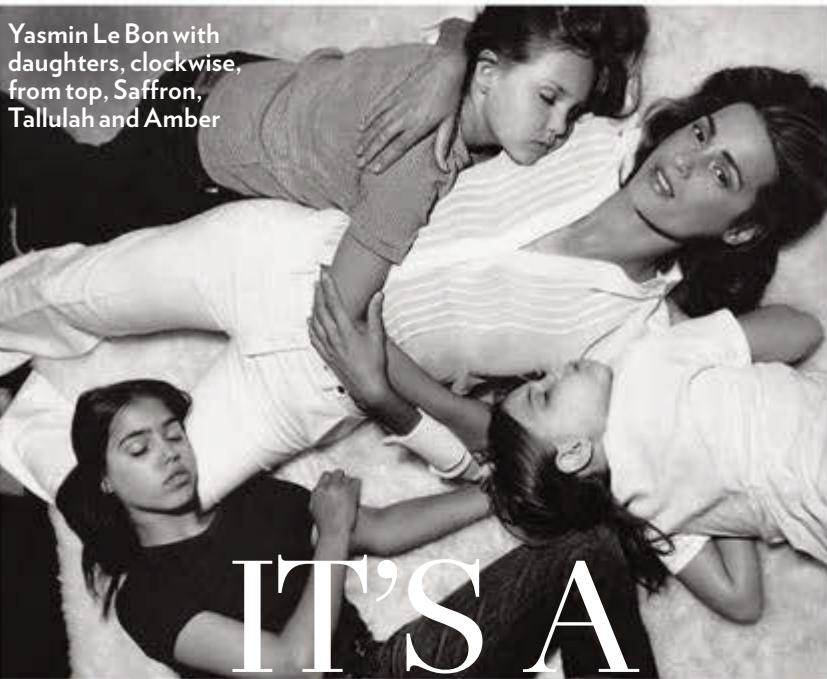




GUCCI

FINE JEWELLERY

HORSEBIT COLLECTION
BRACELET AND RING IN 18KT GOLD



IT'S A FAMILY AFFAIR



It's 14 years since the Le Bon girls – Amber, Saffron and Tallulah – and their indomitable, effortlessly elegant mum Yasmin first appeared together in *Red*. Yasmin is, of course, a *Red* icon, having graced our pages countless times; but this month's cover story with her beautiful daughters (all grown-up now and all fascinating, engaging personalities) is the first time the four have been photographed

together for a magazine since our 2001 shoot. *Red*'s creative director Nicola Rose (who also styled the original image you see here) reports that the atmosphere on set was pure slumber-party exuberance: girlish giggles, dress-up dares, a powerful sense of camaraderie and feisty family dynamics. Oh yes, and a matinee idol-esque cameo from Roland Mouret, who created a sexy, laid-back gown especially for the story.

When we originally spoke about this month's cover, Yasmin was clear that she wanted to speak very honestly about the highs, lows and general mayhem of family life.

THIS MONTH I HAVE BEEN:

TRYING to figure out book storage in my house now that every shelf is stacked two-deep (ideas please?); **INDULGING** in a country escape at the beautiful Ston Easton hotel in Somerset (stoneaston.co.uk); **WEARING** Chanel's Sycomore perfume as inspired by beauty director Annabel (and enjoying the compliments); **TWEETING** @SarahRedMag

I think you will find her interview with *Red*'s Saska Graville on page 124 both refreshing – 'Sometimes I think, this is like a shabby b&b,' she says of life chez Le Bon (did I mention she is very, very funny?) – and moving, too, particularly as she talks about coming to terms with melancholy and depression. Really, she is an inspiration.

Elsewhere in the issue, we feature some other fascinating and fearless women, from war photographer Lynsey Addario (page 66) to glamazon entrepreneur Charlotte Tilbury (page 78), and Natalie Imbruglia (who didn't want a bit of her insouciant tomboy cool back in the 1990s?), who is stepping back into the spotlight, very much on her own terms (page 60). And on another retro tip, we interview the fabulous Judy Blume – now writing adult fiction – in our new books section Reads (page 99). We will be dedicating our culture pages more or less exclusively to book coverage in the coming months. After all, *Red* really is about the joy of reading. I hope you enjoy.

Sarah Bailey
Editor-in-chief SARAHBAILEY

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page 35



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Rosie Green says it's our friends that get the very best of us – and rightly so ➤

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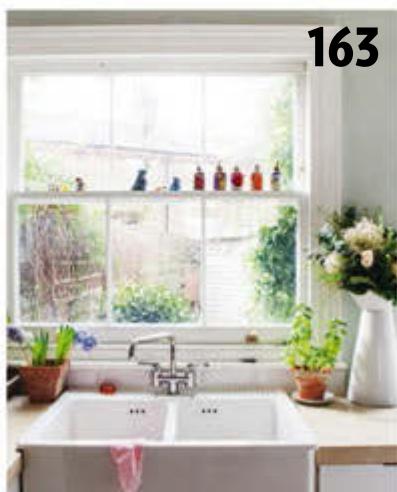
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THIS MONTH'S COVERS

Yasmin Le Bon wears, top left: Jumpsuit, £1,475, Stella McCartney at Harvey Nichols. Necklaces, from top: £4,950; £8,800; £12,800, all Bulgari. Bottom left: Dress, price on request, Roland Mouret. Necklaces, as before. Styling Nicola Rose. Photographed by David Gubert. Hair Ben Cooke at Frank Agency for Lockonego Salon. Make-up Ashley Ward at One Represents. Nails Glenis Baptiste at Carol Hayes for Parfums Christian Dior. Stylist's assistant Chloe Forde. Recreate Yasmin's look using All Day Luminous Weightless Foundation in Vallauris, Cosmetics Bronzing Powder in Laguna, Blush in Orgasm, Larger Than Life Volumizing Mascara and Lip Gloss in Triple X, all Nars. Subscribe to *Red* to receive the limited-edition subscribers' cover (bottom left), see page 35 for details.



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July 2015

Madeleine Shaw

Shares her feel-good recipes in *Her food will make you glow* on page 181

BEST THINGS IN LIFE?

- Coconut oil ● Sydney
- The ocean ● My yoga mat ● Da Ali G Show

THE ONE THING I CAN'T TRAVEL WITHOUT IS...

My earplugs (my boyfriend's a snorer).



Alice du Parcq

Shares her sun-soaking tips in *The savvy guide to sunbathing* on page 136

BEST THINGS IN LIFE?

- Arnold Schwarzenegger movies
- The first shandy of the summer
- Perfect nectarines
- Helmut Lang Eau De Cologne
- My baby Poppy's laugh

THE ONE THING I CAN'T TRAVEL WITHOUT IS...

Pommade Divine for dry patches, bites and burns (it's gentle enough for my baby, too).



Emma Lewis

Photographs the interiors in *Pale & interesting* on page 163

BEST THINGS IN LIFE?

- My vintage French work jacket
- Long walks
- Healthy cookbooks
- Gardening with my boyfriend at our new home in Bruton
- My nephews and nieces
- Instagram

THE ONE THING I CAN'T TRAVEL WITHOUT IS...

My hot-pink Superdry sunnies.



Hadley Freeman

Remembers her Eighties film heroines in *Girl power: 1980s style* on page 56

BEST THINGS IN LIFE?

- My Norfolk terror, Arthur
- 1980s American teen movies
- Grilled halloumi
- Funny novels by funny women
- Anything and everything by Nora Ephron

THE ONE THING I CAN'T TRAVEL WITHOUT IS...

My very old Louis Vuitton Speedy bag. It fits everything I need for the plane.

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SAY IT WRITE IT TWEET IT

If you have any news, views or issues you'd like to see covered, we'd love to hear from you

Red love

Our anti-apathy issue (May) featured many brilliant activists who, one way or another, are helping to change the world we live in. Marilou Price emailed, 'When I saw Christy Turlington Burns on the cover, plus the articles highlighted, I couldn't resist buying *Red*, sitting down and immersing myself in its pages. Every single piece is worth the price! Two features struck me most: the anti-apathy portfolio and *The many sides of you*. They goaded me to re-examine my inner feelings and thoughts about my true self. I feel there is an activist in me lurking and waiting to be unleashed, all I need is to express myself when the right moment comes along. Thank you so much for the inspiration.' On Twitter @2000pennies wrote, 'Love the @RedMagDaily anti-apathy issue. Katharine Hamnett, Daughters of Eve, Kate Nash, Craftivists et al. Inspiring. More like this please', and @ZoeHjordis said, 'Already loving the anti-apathy issue! Keeping me company on the Easter trek to Portsmouth #bankholidayweekend #Easter.'

Our mail of the month wins Lancôme beauty treats, worth £105
Revitalise your skin with Lancôme's number-one Advanced Génifique, for radiant-looking skin. Next,

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I READ YOUR ARTICLE, THE JOY OF MAINTENANCE SEX (MAY), WITH GREAT RELIEF.

My husband and I find that we have to 'book in' dates for sex (usually on my day off). I thought we must be the most unromantic couple on earth until I read about 'maintenance sex' in *Red*. I now feel much better that we're not the only ones lacking in spontaneity. My employers recently suggested that I come back to work full-time, but one look at my husband's face made my mind up for me!

Victoria Rigby, via email

@NicolaJSparkles Loving reading about these inspirational women in @RedMagDaily this month. Super stuff. Been totally inspired.

@emiliarav The May 2015 issue of *Red* has a delicious interview with #MatthewMacfadyen in it. Thanks so much @RedMagDaily!!!

refresh and illuminate eyes with Lancôme Génifique Yeux Light-Pearl to reduce dark circles and fine lines. This month's prize goes to Marilou Price, mentioned in *Red love*.

Nimco Ali and Laura Bates were just two of the inspiring women featured in our May anti-apathy issue

@sjimjam Nearly choked on my children's Easter eggs while reading the utterly brilliant @RosieGreenBQ in @RedMagDaily #dentistdebacle

@ZoeMcCarthy Fab article @RedMagDaily by @SaintAllard, 'I love myself' has got to be THE most powerful sentence you can ever say!

RED'S AWARDS

MARKS & SPENCER FOOD PORTRAITURE AWARD

2015 (Jonathan Gregson) Pink Lady Food Photographer of the Year Awards 2015

JASMINE SOUNDBITE: MAGAZINES (Annabel Meggeson) Jasmine Awards 2015

BEST MONTHLY CONSUMER MAGAZINE JOURNALIST & JOURNALIST OF THE YEAR (Annabel Meggeson) Johnson & Johnson Skincare Journalism Awards 2014

BEST JOURNALISM: BEAUTY OR GROOMING (Annabel Meggeson and Rosie Green) & BEST LAYOUT: BEAUTY OR GROOMING (Annabel Meggeson and Haley Austin) P&G Beauty & Grooming Awards 2013

BEST DIGITAL FRAGRANCE EXPERIENCE (Annabel Meggeson) The Jasmine Awards 2012

BEST DESIGNED SITE Online Media Awards 2012

CONSUMER MAGAZINE OF THE YEAR PPA Awards 2011





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TRAVEL LIGHT

The 'it' bag just got smaller. Fendi's Micro Peekaboo is tailor-made for your bare essentials. Don't even think about cramming it with clutter. Fun and compact, it's also versatile – carry it as a clutch or wear cross-body with its removable long strap. It's a big year all round for Fendi as 2015 marks a record-breaking collaboration between a designer and a luxury maison: 50 years of Karl Lagerfeld at Fendi. A match made in fashion heaven, long may it last. ■

Leather bags, £930 each, Fendi



For more bright accessories, see our edit at REDONLINE.CO.UK

YOUR HAPPIEST WARDROBE OF THE YEAR

Swimsuits, sandals, cover-ups, totes and accessories – our picks are guaranteed to put you in a good mood. Pack your bags, it's holiday season

SHADES OF SUMMER

Retro shapes and always oversized this season, adding a cool pair of sunnies to any outfit will give you that instant holiday feel.



Acetate, £330, Cutler & Gross



Acetate, £255, Prism



Acetate, £180, Jonathan Saunders



Acetate, £95, Oxydo



Cotton,
£182, M
Missoni

Editor's pick
Wear with a crisp white shirt or coordinating stripy top.

Linen,
£371,
Suno

Cotton-mix,
£45, Boden

THE LONG & SHORT OF IT

Whether you opt for a smart knee length or beachy cut-off, shorts come in all lengths this summer – one to suit every body shape.



THE ALTERNATIVE COVER-UP

Gone are the days of sheer, floaty kaftans – this year we're looking for structure and tailoring, even on castaway shores.



Style tip

A tunic-style dress is perfect for slipping on after a swim – then dress it up for dinner with a pair of sparkly earrings and metallic sandals.

Cotton dress, £340, M Missoni



Cotton shirt, £120, Laurence Doligé



Silk-mix tunic, £89.95, Massimo Dutti

CASE STUDY

From the coolest suitcase to fancy washbags, we pick a selection of the most stylish travel gear to equip you for your summer break.

Canvas make-up bag, £75, Koku



Canvas pouches, £19.95 for a set of two, Kate Spade New York



Leather luggage tag and passport cover set, £185, Smythson



Polycarbonate suitcase, £410, Rimowa



Cotton shirt, £120, Laurence Doligé



Silk-mix tunic, £89.95, Massimo Dutti

Cotton, £160, Isabel Marant Etoile at The Shop at Bluebird



Cotton, £170, Velvet by Graham & Spencer

THE BOHEMIAN BLOUSE

Complete with embroidery and beading, the 1970s peasant blouse is our new wardrobe saviour. A relaxed beach cover-up on holiday or back home with your skinny jeans, it's the only top you'll need this summer.



Cotton, £100, Essentiel Antwerp

ESPADRILLES

The perennially perfect holiday shoe – upgrade yours for 2015 in bright colours and bold prints.



Leather, £165, Tory Burch



Canvas and suede, £355, Aquazzura



Leather, £165, Longchamp



Canvas, £45, Manebi at Avenue 32

Must-buy

Available in a range of colours, Manebi is the cool girl's alternative to a sandal at a really affordable price.

SHOP

BEACH BAGS

Essential for stowing your beach towel and poolside accessories, choose one to double up as your holiday handbag – this summer, we're opting for nautical colours and prints.



Straw, £59.90, J Crew



Canvas, £32, Weekend by John Lewis



Canvas, £250, Nicole Farhi



Cotton, £1,655, Chanel
Dream buy

Ideal for holidays, this tote isn't just for the beach – it's a chic everyday shopper, too.

DIVE IN

Make a splash with our definitive guide to what to wear in the sea this summer.



Poly-mix bikini top, £35; **bikini briefs**, £30, both Reiss



Neoprene bikini, £57, Triangel



Neoprene bikini, £57, Triangel



Poly-mix swimsuit, £39, John Lewis



Editor's tip

Figleaves bikinis are perfect for a larger bust – in sizes 30D to 36G



Nylon-mix bikini top, £28; **bikini briefs**, £20, both Figleaves



Nylon-mix bikini top, £105; **bikini briefs**, £85, both Tory Burch



Scuba swimsuit, £90, Tommy Hilfiger



Poly-mix bikini, £295, Flagpole Swim at Net-A-Porter

MONOCHROME

Summer's most stylish trend is back. Boost your beach style with bold accessories or give black and white a fresh makeover with a tie-waist jacket.



Tweed dress, £430, Tory Burch



Cotton-mix jacket, £299, Baum und Pferdgarten



Leather sandals, £495, Sergio Rossi



Woven cotton clutch, £29.99, Mango

LACE IT UP

Both powerful and pretty, this season's gladiator sandals lace all the way up the leg, in a clear nod to the S/S 15 catwalk. »

Leather sandals, £52, Topshop



Chloé SS15

MAX FACTOR X

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Recreate Candice's transformation: False Lash Effect Mascara in black, Colour Elixir Lipstick in Ruby Tuesday, Facefinity All Day Flawless Foundation and Glossfinity Nail Polish in Red Passion

THE MAKE-UP OF MAKE-UP ARTISTS



SHOP

BEACH BLING

Bead and cotton necklace, £25, East



Metal bangles, £25 each, Stella & Dot



Stone and ruby earrings, £175, Theodora Warre

Bead, polyester and cotton bracelet, £75, Dana Levy



Metal earrings, £78, J Crew

THE BEST SUMMER SANDALS

From arts and crafts-inspired to beautifully bejewelled, we've got every style you need to take you through the season.

Hero piece

Graphic stripes plus playful detailing plus neon colours equals a fun and fabulous addition to your summer sandal collection.



Leather, £585, Rupert Sanderson



Leather, £600, Chanel



Suede, £115, Essentiel Antwerp

MATCHY MATCHY

Cotton or silk, long or short, the new go-to for holiday comfort is the coordinating set. Team the silk top and trousers with a cashmere sweater to travel in.



Cotton shirt, £29.95; cotton shorts, £24.95, both Gap

WHITE WASH

Silk top, £99; silk trousers, £175, both Paloma Blue



Cotton dress, £365, Rebecca Taylor

Take on summer's biggest colour trend with texture, relaxed silhouettes and beautiful broderie anglaise.



Poly-mix bikini top, £9.99; bikini briefs, £7.99, both H&M



Silk-mix culottes, £245, MiH Jeans

For more holiday-wardrobe essentials, visit REDONLINE.CO.UK

MAX FACTOR X

NEW

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Hint, tint or pop. Build colour and texture in smooth, defined layers. Control the intensity, with a supple, moisturising formula.

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THE MAKE-UP OF MAKE-UP ARTISTS





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Tatjana and Doutzen

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Victoria COLCHESTER



“ AMAZING!!! THIS IS A FABULOUS
FACIAL OIL THAT IS LIGHTWEIGHT,
NON-GREASY AND SMELLS DIVINE. ”

Diane BLACKBURN



“ I ABSOLUTELY LOVE
THIS CREAM! I'VE
USED IT UNDER THE
OIL AND IT LOOKS LIKE
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ACCESSORIES UPDATE

BON VOYAGE!

All aboard the accessories train (or plane). Whether you're travelling far and wide or a little closer to home, we've found the chicest accessories for your summer

Photographs LEO ACKER

Styling ALEXANDRA LUNT



EURO TRAVELLER

Sleek and effortlessly chic, these classics will make any holiday wardrobe look super-stylish

Patent-leather bag, £1,030, Gucci. **Tweed and metal necklace**, £1,840, Chanel. **Patent-leather shoes**, £298, Tod's ➤

THE TROPICS

Pack your suitcase with bold statement pieces, clashing acid brights with playful prints and textures

Woven clutch, £300, Sophie Anderson at The Shop at Bluebird. **Metal earrings**, £98, J Crew. **Raffia bag**, £310, M Missoni. **Leather sandals**, £295, Sophia Webster



For more holiday accessories, visit
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STYLE ESSAY



Ursula working her holiday wardrobe in Thailand

SWIMWEAR SOS

Fit, fit, fit: that's the message from fashion editor and swimwear designer Ursula Lake, when it comes to bikini buying. Take note, this woman can make summer less stressful

You have an amazing body – yes, you! It's capable of the most wonderful, incredible and often darn right extraordinary feats, from running marathons to giving birth. And yet every year, the vast majority of females give in to despair as we move ever closer to bikini season. We scrutinise our bodies for every flaw, try on last season's swimwear and decide that, horror of horrors, we need to go bikini shopping.

According to a study by Flinders University in Adelaide, Australia, just thinking about swimwear shopping can lead to a feeling of depression. Bleak. So what can we do to make the experience less traumatic? Head online immediately! Trying on a bikini when you actually feel like doing it, with a mirror you trust, can really help to lessen the drama.

As a fashion editor, I'm privy to the most diverse selection of swimwear. Yes, there are loads of great things for models, but what if you (like me) are not blessed with that genetic make-up? If I, with my access to the world's best swimwear, couldn't find what I wanted to wear on the beach, surely I couldn't be the only one. This is one of many reasons why I started my own swimwear label, Violet Lake London, a few years ago.

Wearing a bikini is probably the most naked you will ever be in public. It covers the same areas as lingerie, yet it's sold in a totally different way, in a 'dress-sized' set. Is it any wonder we feel so much angst?



CLOCKWISE, FROM TOP: **Silk kimono**, £475, Athena Procopiou at Matchesfashion.com. **Lycra bikini top**, £70; **bikini briefs**, £70, both Violet Lake. **Woven bag**, £258, Sophie Anderson at Matchesfashion.com. **Lycra bikini top**, £70; **bikini briefs**, £70, both Violet Lake

So where to shop? At Violet Lake there are 10 different bikini tops and 10 different bottoms, in a range of colours and prints, so you pick your perfect combination. Lily and Lionel also has great printed pieces to mix and match, as does Heidi Klein, from classics to more fashion-forward styles. And of course Asos for great high-street pieces.

There are lots of optical tricks to remember, too.

For example, feel bottom-heavy? Balance yourself out with a paler colour on your top half and a darker colour on your bottom half (the same works in reverse: a dark-coloured top can tone down a bigger bust).

Choose quality fabrics with high levels of elastane, and designs with tie-strap fastenings. I find the only way you get a really good fit is being able to tie it tight yourself.

Once you've found your perfect style, what to wear with it? That depends on my destination. In Ibiza, I'll channel bohemian vibes, slinging one of Athena Procopiou's fringed kimonos over a block-colour bikini. And I'm obsessed with Sophie Anderson's sweet, colourful woven shoulder bags.

My final word of advice: remember your amazing body and be kind to yourself, safe in the knowledge everyone looks better drenched in sunshine with a glass of rosé in their hand. ☺

For more of our favourite flattering swimwear, see REDONLINE.CO.UK

Swim fixes



CURVY
Lycra bikini top, £70; **bikini briefs**, £60, both Lily and Lionel



BOYISH
Lycra swimsuit, £38, Asos



SLIM
Lycra bikini top, £95; **bikini briefs**, £85, both Heidi Klein

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STYLE SOLUTIONS



FESTIVAL DRESS-UPS



9ct gold-plated earrings, £49, Laura Gravestock



Silk-mix kaftan, £95, Jade Jagger x Thomson (all proceeds go to Family Holiday Association)

Gucci sis15



Whether you're festival-bound or simply kicking back in the garden this summer, get into the mood with our definitive guide to what to wear – and listen to

Illustrations NINA FUGA

Acetate sunglasses, £212, Giorgio Armani at David Clulow



Suede bag, £380, Gerard Darel

FOLK

With the mighty Stevie Nicks as your muse, embrace true 1970s festival style with retro prints, turned-up denim and fringed suede accessories



Cotton jumper, £139, East



Laura Mercier Tinted Moisturizer SPF20, £34



Instant camera, £109, Lomography



Leather sandals, £36, Next



Felt hat, £32, Topshop



Kate Bosworth aces modern boho dressing at Coachella



Cotton top, £135, Rebecca Minkoff



Hozier by Hozier, £7 at Amazon.co.uk



Denim jeans, £255, MiH Jeans >



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Silk scarf,
£145, Liberty



**WARDROBE
STAPLE**

Cotton jacket,
£29.99, H&M



House of Holland ss15

PLAYFUL

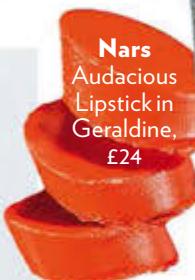
Festivals are all about fun, so pump up the colour, clash your prints and dress like a big kid for the day



Cotton top,
£90, Chinti
and Parker



Denim jeans,
£95, Whistles



Nars
Audacious
Lipstick in
Geraldine,
£24



Jourdan
Dunn
embraces
her inner
wild child
with a bold
printed
two-piece



**Silver and
elastic
bracelet,** £34,
Annie Haak



**Rubber
wellies,** £55,
Aigle >



Canvas backpack,
£95, Herschel
Supply Co



Leather and crystal shoes, around
£236, Attilio Giusti Leombruni



Acetate sunglasses,
£125, Sheriff & Cherry
at Liberty



LP1 by FKA Twigs,
£7.99 at Amazon.co.uk

Lancaster Sun Sport
Dry Touch Gel Radiant
Tan SPF20, £21

SHOP

Silver and 22ct gold-plated necklace. £135, Alex Monroe

Acetate sunglasses, £135, Ray-Ban at Sunglass Hut

Cotton top, £29.95, Seasalt

Rubber-coated cotton- and poly-mix anorak, £200, Stutterheim

EDITOR'S PICK



Michael Kors SS15



Leather sandals, £300, Paul Smith



Chaos And The Calm by James Bay, £14.99 at Amazon.co.uk

Chaos And The Calm by James Bay, £14.99 at Amazon.co.uk

Cotton shorts, £125, MHL by Margaret Howell



Cotton cardigan, £95, Timberland



Wool picnic blanket, £20, John Lewis



Stainless steel flask, £20, Thermos at John Lewis



PVC boots, £45, Méduse



Rubber-mix backpack, £220, Hunter

Our summer 2015 festival guide is at **REDONLINE.CO.UK**



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WORKWEAR

COOL IN THE CITY

Different cities, same challenges – how to look good and do your job in the heat. Three global style insiders tell us how they do it

SCANDI COOL

STOCKHOLM

Ann-Sofie Johansson,
creative advisor, H&M

WHAT'S YOUR CITY STYLE?

I'm not really very 'frilly'. I love a loose, relaxed tux, and maybe a cape-style blazer – simple, classic pieces that can be dressed up or down.

HOW DO YOU DRESS FOR
A STOCKHOLM SUMMER?

Swedes like to be comfortable. We walk or cycle everywhere so flats are essential.

WHAT KEY PIECES CAN'T
YOU LIVE WITHOUT?

Even though I'm a bit of a tomboy, I like to keep cool in a kaftan-style vintage dress. That and my amazing Marni sandals – I love the clash of sporty and sparkle.

WHAT WILL YOU BE WEARING
ALL SEASON LONG?

A great pair of trousers – I'm always searching for chic but cool pants. This summer I'm coveting a pair of relaxed white denim jeans.

ANY SECRET STYLE TIPS?

Good underwear. I've always believed in dressing from the inside out.

WHICH DESIGNER SUMS YOU UP?

Acne. I love its simple tailoring and cool updated basics.

WHAT ARE YOUR GO-TO
SUMMER LABELS?

Mainly Cos, & Other Stories and H&M, of course. Swedish brand Hope gets it right for me, too – they have some drop-crotch trousers that are cool yet comfortable.

DO YOU PLAN YOUR OUTFIT,
OR WING IT IN THE MORNING?

I try to decide the night before. Mornings are a mad rush so it makes things so much easier to have a plan. >



Ann-Sofie loves simple, classic pieces that can be dressed up or down



Cotton shirt dress, £39.99, H&M online exclusive



Leather and PVC sandals, £530, Marni



EDITOR'S
PICK

8ct gold-plated, Swarovski crystal and pearl earrings, £59, Swarovski

Suede bag, £135, Cos

Poly-and cotton-mix kimono jacket, £29.99, H&M

Poly-mix trousers, £109, Gestuz

Cotton dress, £420, Acne at Net-A-Porter



Microfibre bra, £28; microfibre briefs, £20, both Intimissimi

URBAN PREPPY

NEW YORK

Marissa Webb, creative director, Banana Republic

SUM UP YOUR SUMMER STYLE...

I like to mix classics with quirky, modern pieces, like my white shirt-and-jeans combo with metallic sneakers. And I borrow a lot from my fiancé – I definitely incorporate a bit of boy-meets-girl into my wardrobe.

HOW DO NEW YORKERS DRESS FOR WORK?

The summer heat is severe so it's all about fabrics – lots of cotton, silk, lightweight denim and tailoring. Women's work 'uniforms' have moved on in recent years – it's about experimentation. A tailored blazer (I love Banana Republic's navy boyfriend one for summer) with a pair of soft trousers and sneakers, or denim and heels – it's the same as our weekend wardrobe.

ANY SECRET STYLE TIPS?

I'm not sure if it's much of a secret, but it's all about mixing proportions. If I decide I want to wear a chunky, oversized shirt, I'll wear it with skinny jeans. If I'm wearing menswear-style trousers, I'll wear a slim top. I'm really into men's shirts: they're relaxed enough to belt, but heavy enough to look smart.

WHAT STYLE CHALLENGES DOES AN NYC SUMMER PRESENT?

Air-con – I'm always cold! I usually have a layering item, like a blanket-sized scarf or cashmere sweater, with me, even if it's extremely hot out.

WHAT KEY PIECES CAN'T YOU LIVE WITHOUT?

I have a huge collection of fun sunglasses and super-cool sandals.

WHAT ABOUT A SUMMER BAG?

I like a softer shape, nothing too structured. And it needs to be big enough to house my whole life – make-up, sunscreen, cellphone and charger, sunglasses (at least two pairs), and my Fresh Sugar lip balm.

WHAT ARE YOUR GO-TO LABELS?

I'm not really focused on labels – I explore every store and whatever grabs my eye comes home with me.



WHAT'S YOUR MORNING ROUTINE?

Slamming back some coffee, checking emails, taking care of the pups, and then jumping into some clothes and heading off to my first meetings.

DO YOU PLAN YOUR OUTFIT, OR WING IT IN THE MORNING?

Definitely wing it! I never have any idea what I'm going to wear before I get to my closet (or my fiancé's). I just throw something together as quickly as possible.



EASY CHIC

PARIS

*Sophie Delafontaine,
creative director,
Longchamp*

WHAT'S YOUR STYLE DNA?

I like structured clothes for the office – quite classic and graphic maybe with a bit of a rock edge. I keep my colours neutral but I love to make a statement with my accessories.

HOW DO YOU DRESS FOR A PARIS SUMMER?

Parisian women are a mix of casual and chic. I like slick silhouettes, with slightly bolder colours – I switch from black to blue, powdered pinks and greens... sometimes even flashes of bright yellow. I also change my fragrance to the light Rose Splendide by Annick Goutal.

HOW DO YOU MASTER KEEPING COOL YET STAYING ELEGANT?

Layering is key. I start with a sleeveless top, then add a light cashmere knit or leather jacket.

WHAT ARE YOU COVETING THIS SEASON?

I'm looking forward to wearing the new Longchamp espadrilles – especially the metallic leather ones.

DO YOU HAVE A GO-TO SUMMER ACCESSORY?

This season I really like the Deep Night cross-body bag (right) – it's the perfect style to brighten up a simple outfit.

ANY SECRET STYLE TIPS?

Add one vibrant piece to a neutral outfit. My favourite outfit was at our boutique opening in Rome – I wore a bright yellow skirt with a black top and black accessories. Very chic.

WHAT ARE YOUR GO-TO LABELS?

Joseph for cashmere and basics, 7 For All Mankind for weekend denim, and American Vintage and Majestic for the best T-shirts.

DO YOU PLAN YOUR OUTFIT, OR WING IT IN THE MORNING?

I can't anticipate what I'm going to wear the day before. Each morning I start with a pair of shoes, and that determines the rest of my outfit. ☺



Add one vibrant piece to a neutral outfit, advises Sophie



Cashmere jumper, £130, Land's End



Poly-mix dress, £209, Claudio Pierlot



Annick Goutal Rose Splendide EDT, £74 for 100ml at Selfridges



EDITOR'S PICK



Denim jeans, £250, Giambattista Valli x 7 For All Mankind



Tablet case, £170, Longchamp



Leather espadrilles, £165, Longchamp



Cotton jacket, £315, Maje

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FASHION HERITAGE

DESIGNING THE AMERICAN DREAM

He hangs out with Olivia Palermo et al, his son dates Rita Ora and he's celebrating 30 years of his brand. The indefatigable designer Tommy Hilfiger talks life, love and being a legend

Words HARRIET QUICK

Flanked by his wife Dee, wearing a ruby-red satin, slashed-hem minidress, his son Richard, sporting green hair, and Rita Ora in an oversized leather fisherman's coat, fashion mogul Tommy Hilfiger flashes me a welcoming, bright white smile. It's a fashion Instagram moment if ever I saw one.

Sitting on a blue linen sofa by a fireplace stacked with red logs, we could be at a gathering in one of Hilfiger's East Coast mansions. Except we're in Paris, at his brand-new flagship store on the Boulevard des Capucines, near the Palais Garnier.

Beyond the faux fireplace lies 7,800 sq ft of pukka denims, polo shirts and sequinned football shirts. Paris' beautiful people stroll around the new store clinking flutes of Veuve Clicquot, before Hilfiger whisks us off to a private dinner held at the newly refurbished Les Bains, the city's infamous night spot.

Hilfiger ambassador Olivia Palermo and her husband, Johannes Huebl, join the throng for the night. 'I've been a longtime supporter of the Tommy team,' smiles Palermo, who first got to know the Hilfigers as a friend of their daughter, Ally. Could this gathering be any more fabulous?

Hilfiger is an old hand at this kind of thing. He has a knack of tapping into the zeitgeist. Back in the 1970s, he set up his first jeans store, People's Place, in Elmira, New York. He soon expanded on to college campuses, where the appetite for hip casualwear was raging among freedom-seeking idealists. The venture eventually flopped but it was Hilfiger's wake-up call in the empire-building journey (he established his brand in 1985) that was eventually to make him a household name. This year marks his brand's 30th anniversary.

'I've always been energised by music – pop culture has really moved me over ➤

Hilfiger at his brand-new store in Paris; and with wife Dee, right



The Hilfiger A/W 15 collection puts preppyness at the forefront with a strong American-football theme

SHOP

the years,' says Hilfiger. 'When I moved to NYC, there was Andy Warhol and I was inspired by his foray into pop culture. Fashion is all about the culture and the culture is now global.'

And as pop has turned global, so Hilfiger has kept pace. The Tommy Hilfiger Group (the brand is now wholly owned by PVH Corp, purchased in 2010 for \$3 billion) continues to grow with a network of 1,400 stores in 90 countries and revenues estimated at \$870 million in 2014. Far from stepping down, the 64-year-old is still very much hands-on. As 'principal designer and visionary', he ensures the brand stays as plugged in as it was when he first had his vision. He's seen it through 1980s sporty Americana, the hip-hop boom in the mid 1990s, the Noughties preppyness and now, a wholesome rock 'n' roll image sprinkled with spice, that is *very* 2015. Like his son with his clover-green hair.

'Richard lives between LA and London and has a group of friends or "associates" in music, fashion, the surf and skate world,' says a proud Hilfiger. 'His girlfriend, Rita Ora, is a pop, fashion and TV star. This generation is creative in many different ways. They are curious about the world but have their own thing going on.' It doesn't get more zeitgeisty than that.

This entrepreneur's psyche is not so very different. Hilfiger is a designer, marketer and a captain of industry; an avid art collector and a muso. He grew up (with his seven brothers and sisters) in a modest household in Elmira, New York, and rose through the ranks, like his contemporaries Ralph Lauren and Calvin Klein, to become a key player on the American fashion scene.

Hilfiger's CV reads like a how-to of brand building. He grasped the importance of identity with that iconic logo (working with art director George Lois), harnessed the power of Americana and was a pioneer in celebrity branding. He tapped into the mythical allure of rock 'n' roll, sponsoring The Rolling Stones and Britney Spears tours. All of it gave verve to his feel-good sportswear, with its fresh, universal appeal.

It wasn't all plain sailing. 'I went bankrupt when I was 23, and that was a turning point,' he explains. 'I overexpanded and made a lot of mistakes. After that,

I decided to teach myself how to manage the business and I think that helped me create a structure and thought process I have benefitted from.'

'The idea was to become a professional, so I surrounded myself with the best in class: the best real estate, the best business managers, accountants and lawyers. And I was never scared to hire people who were smarter than me – and that continues.'

A dose of humility, and the craggy lines that come from trial and error, make for an attractive legend. Delving into the life behind the brand paints an equally appealing picture. Hilfiger has houses in New York, Connecticut, Mustique and Miami, where he also owns a hotel. These are the locales he shares with his family – he has four children with his first wife and two stepchildren and a young son, Sebastian, with his second wife, Dee Ocleppo (a former Ford Models model-turned-accessories entrepreneur), who he married in 2008.

A coup de foudre? Hilfiger's eyes suddenly well up. 'We met while boating in St Tropez. She was living in Monaco – she had divorced, and we were both single.'

What would Dee say is his most endearing quality? 'She thinks I've got a good sense of humour. I make her laugh. She keeps up with me but says it's exhausting as I'm always on the move,' says Hilfiger. 'Dee is very grounded, very thoughtful. It's a great combination.'

After 30 years of moving, travelling and thinking, could there be a hint Hilfiger has legacy on his mind? 'Whoever takes this whole thing over some day, when I'm a distant memory, I'd like them to keep it youthful, fun, inspiring and ever changing,' he muses. 'Lots of brands become stale and I don't want that to happen.'

'I'd like people to look back and think we did something meaningful rather than just make clothes.' And with that, Hilfiger throws out one of those beaming smiles. He's off – there's a zeitgeist to catch. No slowing down, not quite yet. ☐



**CLOCKWISE,
FROM TOP:**
Tommy Hilfiger
ambassador Olivia
Palermo and
husband Johannes
Huebl; the iconic
1985 Hangman ad;
Hilfiger sponsored
The Rolling Stones'
1999 tour; son
Richard with
girlfriend Rita Ora



Shop the Hilfiger look
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Tommy Hilfiger AW15

Tommy Hilfiger



"IS NOT A KISS THE VERY
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

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UPDATE

FASHION NOTEBOOK



BIRTHDAY BEST

It's a very happy 21st birthday to East this year, and the new S/S 15 collection is hitting all our favourite trends. This simple crochet dress in the palest pink is a summer-wardrobe essential.

Crochet cotton dress, £299; antique silver and cord necklace, £59, both East

HOT RIGHT NOW

We've fallen in love with Mary Katrantzou's Alphabet bags. Each bag from A to Z has a limited-edition run of 20 and is exclusive to Matchesfashion.com.

Canvas and leather bag, £575, Mary Katrantzou at Matchesfashion.com



In the frame

Bobbi Brown moves into eyewear with an accomplished debut. We love these chic, rectangular frames in warm, flattering tortoiseshell.

Acetate sunglasses, £105, Bobbi Brown



Rose appeal

Delicate and romantic, the new Rose des Vents collection by Victoire de Castellane at Dior is inspired by the star, Mr Dior's lucky charm, which he found on the streets of Paris and hung above the desk in his studio. This necklace and bracelet, in rose gold and pink opal, can be worn two ways, to suit your mood – wear star-side out or reverse to display just the stone for a simpler statement.

18ct rose gold, pink opal and diamond necklace, £1,300; 18ct rose gold, pink opal and diamond bracelet, £1,250, both Dior Joaillerie



T FOREVER

Modern and graphic, Tiffany's stunning cuff and ring are available exclusively at Selfridges from July.

Sterling silver and ceramic cuff, £2,025; sterling silver and ceramic ring, £710, both Tiffany



STYLE CRUSH

Inspired by the iconic quilting of the 2.55 handbag, Coco Crush is the new launch from Chanel that has us dreaming of all things gold.

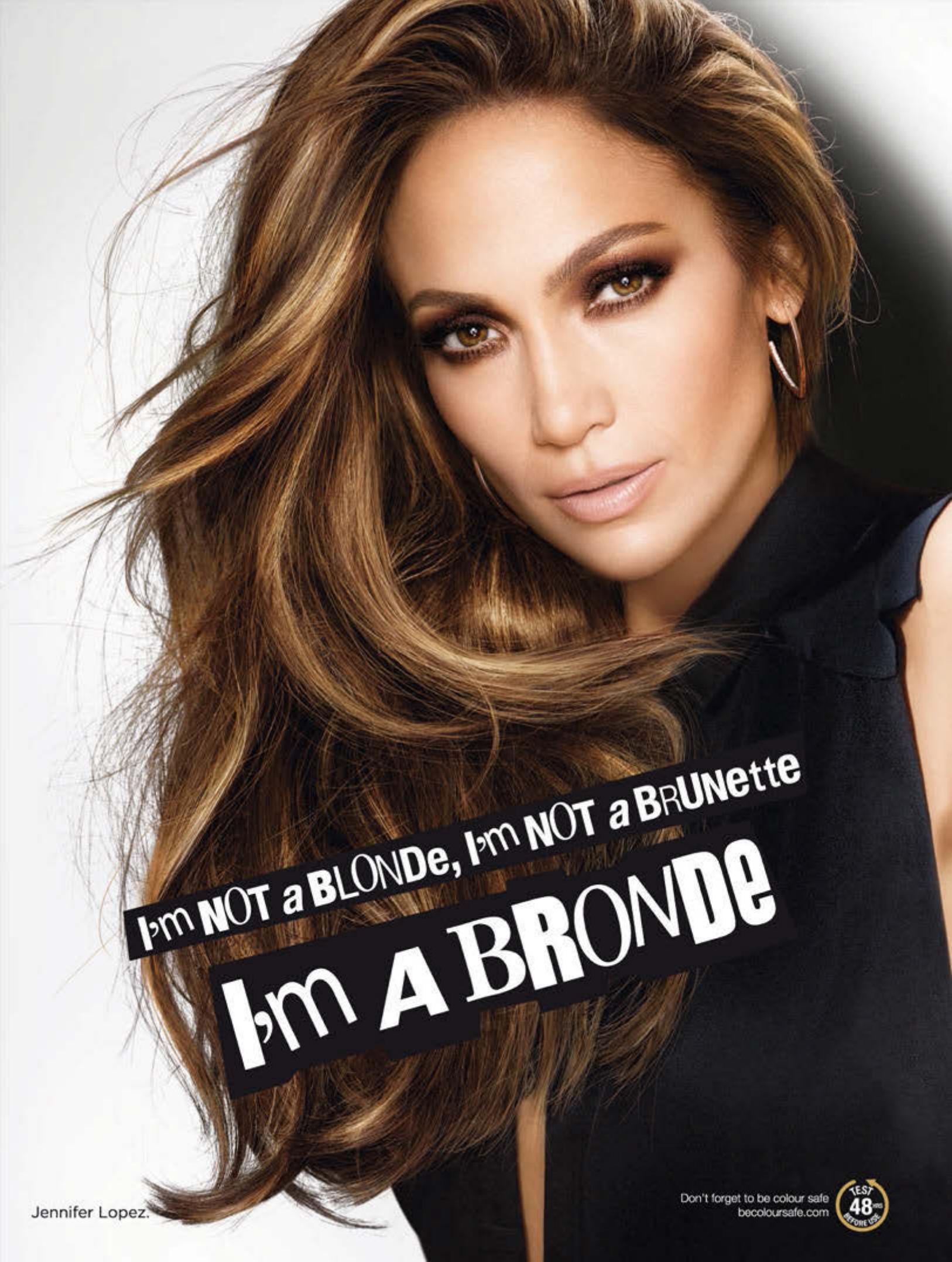
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ROSIE GREEN

To have & to holiday

Airport demeanour, breakfast etiquette, topless bat and ball... travelling with a partner can bring up a host of dealbreakers, says our columnist

EASY MISTAKE TO MAKE, MISREADING 13:00 AS 3PM, RIGHT?

I thought so. Alpha Male, my husband of 21.5 hours, did not. We missed our honeymoon flight, so rather than arrive in time for sundowners and demolition of the complimentary fruit basket, we spent the first full day of our married life in Luton Airport's Costa.

When we finally entered our room at 2.30am we found wilted flower petals spelling out an indecipherable 'love' message on the bed. AM looked hopeful, so I issued him with the reasonable ultimatum of 'that', or getting up for breakfast. His face took on the expression a Kardashian's might if asked to choose between shopping and selfies.

This potential for a Clarkson-esque food incident triggered an instant spiral of self-doubt about our holiday compatibility. At the 'together in God's love' lessons we'd had to attend, they had covered off children, morals and God (extensively), but not holidays. Crazy, because holidays are a pressure-cooker environment, where negotiation and compromise are expected daily.

I think, pre-marriage, you need to know whether your partner will get their huff in a puff if you are wrong about a small detail like a flight departure time, or if that 'idyllic' cottage has views of a local sewage farm.

Instead of asking about your life aspirations, those lessons should delve into your airport demeanour.

Do you like to arrive at the airport so early the check-in staff are still at home drawing on their eyebrows and composing their features into a 'computer says no' face? Are you unclicking your seatbelt and standing up as soon as the plane has landed, and thus spending 15 anxious-making minutes in a visibly distressing, contorted shape (think Stephen Merchant in a Wendy house)? If so, you need to declare these things early doors.

Having done a scientific study (asked my mates), here are some other areas of holiday contention:

- How much do you hanker after 'real' and 'authentic', and crave discovering hidden restaurants or shops? I was put off such things at 16 when I got on a Spanish bus with nobody but the driver and he asked if I liked Essex. To which I replied, 'Yes it's nice. I've always been fond of it. I like going there a lot.' He got visibly excited. I realised, on reflection, he'd said, 'Do you like de, ehhh... sex?'
- Sport. Are you up for bat and ball? My mate Z was, in the first throes of her relationship with N. Now, not so much. When her now-husband complained he could see a twentysomething down the beach not only playing bat and ball with her love, but playing it topless, Z replied, 'Darling, she just *really* wants to get engaged.'
- Budget or not? Crucially, do you fall into the breakfast-buffet-smuggler camp? AM will secrete 'lunchtime' pain au chocolats and seeded muffins into my bag like a paid-up member of Fagin's gang. Trouble is the baked goods then call to him (think Winnie the Pooh and his honey pot), so are generally all gone by 10.45am.

And don't let's progress on to holiday compatibility with *other* couples (do they want to hike up mountains pre-dawn? Go on excursions or hire seaplanes

for a laugh?) or families (here you need to factor in incendiary issues like organic kale versus sausages, screen-time allowance and bedtime negotiation).

But back to the honeymoon. AM opted for sex over breakfast then shamelessly flouted the rules and got up for it anyway. He returned, beyond chuffed that he'd seen Kate Moss at the buffet bar (he stood by her, I suspect a tad too closely, at the fruit section). 'Yes, she's here with Jade Jagger,' I told him sleepily. 'Oh,' he said excitedly, eating the contraband muffin I'd earmarked for lunch. 'Who's he, then?' No words. 

Read more from Rosie at REDONLINE.CO.UK

GUEST SPEAKER

HADLEY FREEMAN

Girl power: 1980s style

There's still a lot to be learned from those 1980s movie heroines, says Hadley Freeman



SOME LITTLE GIRLS WANT TO BE PRINCESSES. OTHERS DREAM OF FIGHTING DRAGONS.

I wanted to grow up to be Diane Keaton in the 1987 film *Baby Boom*.

If you haven't seen this movie, I cannot recommend it enough. It stars the brilliant Keaton as JC, a tough-talking New York career woman who bosses James Spader around and sleeps with Harold Ramis (everything about that is still my sexual fantasy). One day she inherits a baby from a relative and has to quit her job because her male colleagues are awful to her about becoming a mother. But it all works out. She comes back, beats the men at their own game and sleeps with sexy Sam Shepard. There is nothing not to like.

I first saw this film when I was nine and what I loved, and still love, are the scenes of JC at work. There she is, in her Donna Karan suit, giving the men hell at a board meeting, then swishing out in her Ralph Lauren coat, clutching her briefcase. That, I thought, is exactly what I'll be like when I'm big.

My mother didn't allow my sister and I to watch TV with adverts so this meant I grew up watching videos – specifically, videos of American 1980s movies stocked by the local video shop, such as *Ghostbusters*, *The Breakfast Club* and *Heathers*. All the greats, in other words. These movies completely shaped all my perceptions about how life would be, or at least should be, from the importance of going to one's prom to the value of a power ballad. But the most important lesson these films taught me was what to expect from life as a woman.

Women in Eighties films are, in the vast main, terrific. Kathleen Turner as the derring-do novelist Joan Wilder in *Romancing The Stone*; Meg Ryan as the hilarious journalist in *When Harry Met Sally*; Melanie Griffith overawing Harrison Ford with her business nous in *Working Girl*.

Women in Eighties movies are feisty – and they have careers. Really cool careers! In

fact, they are often more successful than their romantic male leads, and the men like it: think of Peter Venkman (Bill Murray) attempting to woo classy musician Dana (Sigourney Weaver) in *Ghostbusters*, or Mick Dundee's (Paul Hogan) respect for Sue the journalist (Linda Kozlowski) in *Crocodile Dundee*. Think of the last time you saw a movie made today in which a female character was not just allowed to be more successful than a man but was celebrated for it. That's right, you can't. There was Sandra Bullock in *The Proposal* as the terrifying

'Women in Eighties movies are often MORE successful than their romantic MALE leads, and the men LIKE it'

bitch who is duly humiliated and tamed, or Meryl Streep and Anne Hathaway in *The Devil Wears 'Misogyny'*, whose male partners leave them, basically because they occasionally have to work late. The nerve!

Another thing I love about women in Eighties movies is they look so shockingly *normal*.

Their hair often isn't blow-dried, they're not Botoxed to bits and they have flesh – proper flesh. The sight of Melanie Griffith's creamy thighs in *Working Girl* makes my heart sing. Compare this to the hyper-perfect actresses in movies today, and weep into your popcorn.

I did eventually grow up but, no, I did not become like JC. Instead, I grew to be more like Meg Ryan's journalist who bangs out articles at home with two fingers, and I'm good with that. But

I learned things from them all, such as: you don't have to be skinny to be gorgeous; being ambitious and supporting yourself is cool; any man who feels threatened by your success is an idiot. Obviously, I'm not as cool as any of them, but that's why I keep watching these movies – to learn. Well, that and because they're freaking awesome. ☺

Life Moves Pretty Fast by Hadley Freeman (4th Estate, £12.99)



Diane Keaton had it all in the 1987 film *Baby Boom*

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THE RETURN OF NATALIE IMBRUGLIA

It was the coolest song of the 1990s, and its singer, an iconic beauty of her time. And now, Natalie Imbruglia is back. Shane Watson chats to her about how *Torn* changed her life, why she's loving being 40 and how she's got her confidence back

Photographs ALEX EDWARDS
Styling LAURENT FRANKS

Natalie Imbruglia is 40 and single. Even before I meet her this strikes me as curious. Not that there is anything wrong with being single. Not that she hasn't already been married once. But she has, on more than one occasion, admitted she would like to find someone – she's even talked about trying out Tinder. For pity's sake, this is *Natalie Imbruglia*!

The *Neighbours* actress-turned-singer wrote one of the most successful songs of the 1990s, *Torn*. She's universally regarded as gorgeous and, thanks to her brief stint as a guest judge on *The X Factor UK*, seen as genuinely nice. Tinder, really?

I'm talking to Imbruglia because she has a new album, *Male*, out in August. Turning up at the London studio where she is being photographed (she lives here most of the time), I find her posing like a pro (so effectively that the shoot finishes half an hour early). I'm troubled »



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My whole thing is to FOLLOW YOUR JOY and if you are not enjoying it, then stop. So I STOPPED

as to why she isn't being hounded by the world's eligible bachelors. An hour later – after she's larked about with her devoted rescue dog Mr Wilson, and sat chatting with the *Red* team, making them laugh about her crush on Matt Damon and her ex-husband Daniel Johns' penchant for black eyeliner ('Everyday I was like, "Don't say anything [to him about it] and make it weird"') – I am not so much troubled as incredulous.

So could it be, I ask, when we finally sit down to talk, that men think they're getting the girl in the *Torn* video? (You remember her, wearing a hoodie and army pants, short floppy hair hanging in her eyes, looking like a grungy Audrey Hepburn.) 'That was me, though,' she smiles. 'That was a girl who thought she was fat and was terrified they were going to put her in a skimpy outfit, so she asked if she could wear her own clothes and no one questioned it.' If she seemed vulnerable, fragile and a bit of a tomboy, that's because she is. 'They're both in there... sometimes I'm overconfident and at the same time incredibly vulnerable.' She doesn't buy the idea that people can't get past her image. 'I've always had that – since *Neighbours*. People knowing who I was before they met me.' She shrugs. What you see is what you get.

IN THE INTERVENING 18 YEARS, NOT A LOT SEEMS TO HAVE CHANGED. Imbruglia is sipping a decaf coffee after the shoot, wearing a sundress with biker boots and an oversized khaki jacket ('It's Saint Laurent,' she winces guiltily, 'you would not believe what it cost'). In February she turned 40 but she looks much the same,

still elfin, ridiculously pretty, though her face on the cover of her new album is noticeably more defined. And she's still tiny, obviously. '163 centimetres,' to be precise. Who is taller, her or her friend Kylie? 'Me!' she laughs. 'I feel like a giant next to her!'

Torn marked the beginning of Imbruglia's second career. When she arrived in London in 1994 at the age of 19, she was trying to make it as an actress, 'doing appearances for being famous in *Neighbours* and getting paid in envelopes of cash'. She knew she could sing – having attended The McDonald College, a performing arts school in Sydney – but was worried about making the switch. 'So many people from *Neighbours* had gone down that route that it had become a bit of a joke,' she says. But her first attempt was an overnight sensation. *Torn* was the most played song on UK radio when it was released in 1997, won her two Brit Awards and three Grammy nominations, and her first album, *Left Of The Middle*, sold over six million copies. 'I remember being in the car with my manager and she said, "You're a millionaire." She said it over and over. I just busted my sides.'

The year Imbruglia was nominated for a Grammy she went to Madonna's post-awards party with Bono. She dated Lenny Kravitz for a year, 'and he wouldn't have known me, if it wasn't for the song,' she admits, 'so your life is affected by those things in strange ways'. At the height of Cool Britannia she was living the rock-star life, at least for a while. 'I had a moment where I bought a second home in LA that was like a ship. I had two »

RED WOMAN

cleaners, two gardeners and then I thought, this is just stress. Who do you think you are, J Lo?'

It was an extraordinary time and she told herself to enjoy it 'because it may never happen again', but the anxiety was setting in. 'It was full-on,' she says, her blue eyes widening. 'I was scared. I look back at pictures of me at the time and I am like a rabbit in the headlights. Even when I was running around the world winning awards I was like, "Fuck, what about the next album?"'

That second album was not a hit, nor was her third, and the last, released in 2009, 'didn't see the light of day'. She has no problem admitting that she'd hit a wall. 'My whole thing is to follow your joy and if you are not enjoying it, then stop. So I stopped.'

So Imbruglia returned home for a full-time judging gig on *The X Factor Australia*, and went back to studying acting (she had a part in 2003's *Johnny English*), culminating in her touring the UK in an Alan Ayckbourn play last year. 'Holding my own with theatre actors was very good for my confidence,' she says. 'I look back on that 16-year-old girl in *Neighbours* and I don't recognise that confidence I had then. I think all sorts of things have knocked it, over the years: being in the public eye... divorce.'

Her marriage in 2003, to Daniel Johns, the controversial frontman of Australian rock band Silverchair, was conducted long-distance (he lived in Australia while she moved around) and lasted, surprisingly, five years. They don't speak now and she refuses to talk about him, other than to say the experience changed her: 'I noticed that after my divorce I was doing lots of crazy stuff. That was one good thing that came out of it. You lose the fear.' And for the record, she claims, she has never been clinically depressed, as has been reported. 'I said I get really down, and they [the press] jumped on it.'

AT 40, IMBRUGLIA SAYS SHE FEELS BRAVER THAN SHE HAS IN A LONG TIME. 'I wanted people to know I am really proud to be 40. You know, when you are in Hollywood and you say your age they shush you? I think that's disgusting...' So she has no worries? 'About the ageing thing? I'm fine at the moment. Ask me in five years, I might be having a meltdown.'

As for the other potential anxiety, her ticking biological clock, 'I definitely want children,' she says. 'Would I have one on my own? I would. I am not at that point yet but I am not opposed to the idea. I've got time.' She grins. 'It's a bit tricky that a lot of my friends are on to their third child... that is tough because we all know it's like a members' club.' She was back in Australia recently to see her new nephew (she is the second of four sisters). 'I wanted to



CLOCKWISE, FROM TOP LEFT: Natalie Imbruglia in *Neighbours* with Scott Michaelson, 1993; with then-husband Daniel Johns in 2007; at the Brit Awards in 1999

see him before he was crawling... I love babies.'

Imbruglia is in a settled phase of life, living on

her own in Notting Hill. 'I party a lot less. I don't go out much. I don't like to.' She's excited for the summer – and for the release of her fifth album, a collection of covers of songs by her favourite male artists. As the conversation has come back round to men, I suggest we run through a list of past famous boyfriends to get a handle on what might work for her in the future. Robbie Williams? 'No. Never happened.' David Schwimmer? 'Yes, that was a happy relationship.' Prince Harry. 'No. I know him. But no.' Harry Styles? She looks straight ahead, says 'no' and rolls her eyes. (I'd say that's a yes for what it's worth.)

Anyway, we're agreed it might be best to avoid a musician next time. Unless, of course, it's Chris Martin, who she has written songs with in the past and is rumoured to have been romantically connected to, off and on. She is tickled by this idea. 'We are mates and I haven't seen him in ages.' She's such a good sport, even if we're not really getting anywhere. We agree it's important for a future partner to be successful – 'but I have had exes who were *incredibly* successful,' she says, 'yet they told me that being "Mr Imbruglia" was an issue for them. I was gobsmacked.'

And that's the crux of it: Imbruglia just needs to find someone worthy of her. I hope he's out there, he will be one lucky man. *Male by Natalie Imbruglia* is out via Sony Masterworks on August 21st

For Natalie's exclusive summer playlist, go to **REDONLINE.CO.UK**

Natalie wears: T-shirt, Cos. Trousers, 31 Phillip Lim at Harvey Nichols. Necklace, Diane Kordas. Trainers, Adidas at Schuh. Hair Choccy at One Represents. Make-up Linda Johansson at One Represents. Additional photographs Rex Features, Getty Images, Goff Photos

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One of Addario's striking images from the 2009 humanitarian crisis in Sudan



LIFE THROUGH A WAR PHOTOGRAPHER'S *lens*

Lynsey Addario spends as much time in war-torn countries as she does at home with her family but, as Natasha Lunn discovers, staying true to herself is the secret to the photojournalist's success

Photographs LAURA HYND

Inevitably, when interviewing a war photographer, the elephant-in-the-room question is: why? What makes a person risk their life, on a daily basis, just for a story? American photojournalist Lynsey Addario, 41, has done exactly that for 15 years. For the sake of her work, she has been kidnapped by insurgents in Iraq, ambushed by the Taliban in Afghanistan, injured in a car accident that killed her driver in Pakistan and, perhaps most brutally, held captive in Libya for six days in 2011. But after sitting in front of her for an hour, it's clear that her desire to tell human stories is so instinctive, it's almost not a choice she makes. I don't think I've ever met anyone quite so in tune with their own calling, who knows precisely what they were born to do and squeezes so much satisfaction out of doing it.

Even if you don't recognise her name, chances are you have seen one of Addario's photographs. Her pictures, »

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Lynsey Addario
photographed in
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which are regularly featured in *The New York Times*, *National Geographic*, *Time* and *Newsweek*, have earned her a sea of accolades: from the Pulitzer Prize for International Reporting to the much-coveted MacArthur Fellowship (an impressive \$500,000 grant).

THIS YEAR, ADDARIO SEEMS TO BE AT THE PEAK OF HER POWERS:

she's chronicled her experiences in a memoir, *It's What I Do: A Photographer's Life Of Love And War*, the film rights for which were snapped up by Warner Bros after a fierce bidding war. It's a testament to the power of her story that Hollywood's big hitters have already signed up – Steven Spielberg will sit in the director's chair and Jennifer Lawrence is set to play Addario (reportedly seeing off stiff competition from Natalie Portman and Reese Witherspoon).

Yet for someone so successful, Addario's self-deprecation carries the rare ring of believability, and when I ask her how her life has changed, she replies, 'Oh, I still don't think I'm successful.' 'But you have a Pulitzer,' I point out. 'I guess I'm just one of those tortured people who feels like they've never accomplished enough,' she laughs.

Addario's ambition to be a photojournalist was an anomaly in her family. Her parents, both hairdressers, brought her and her three sisters up in Connecticut surrounded by 'a kaleidoscope of transvestites and Village People lookalikes'. The family home was lawless and wild, in a happy, bohemian sort of way, and it was

'I don't want the PEOPLE I'm photographing to feel that their SITUATION is as bad as it really is. I want to give them HOPE'

her parents' do-what-makes-you-happy attitude that set Addario on her path. Her first job, in 1996, was in Argentina, working at the *Buenos Aires Herald*, where the editor agreed to pay her \$10 a picture after she managed to talk her way on to the tightly guarded *Evita* set to snap photographs of Madonna.

When she returned to the States later that year, the Associated Press gave her a steady stream of work (including shooting Monica Lewinsky's first public appearance on the *Today* show) before her first assignment in a country at war: photographing women living under the Taliban in Afghanistan. Over the years that followed, she learned to delicately capture the physical destruction left by war, whether photographing rape victims in the Congo or documenting the aftermath of the American intervention in Iraq in the wake of September 11th.

When you look at Addario's photographs from these trips, the settings may differ but the gaze feels familiar – there's something about the way she presents her subjects with such grace and respect, that allows them to look both dignified and vulnerable. It must be difficult, I suggest,



to keep your emotions in check when photographing such atrocities. 'When I'm working, I cry a lot,' she admits. 'All the time, actually. Usually I'm overcome with emotion. But I've learnt to try not to let that show because I don't want the people I'm photographing to feel that their situation is as bad as it really is. I want to give them hope.' She goes on to explain that the camera acts as 'a physical barrier', so she feels 'one step removed', which is surprising given that her photographs seem anything but.

In the early years of her career, Addario says there were few female journalists in war zones, but she didn't want her gender to inhibit or play a part in the stories she was telling. While back home she wore miniskirts and manicures, when away she chose 'manly cargo pants and nondescript colours'. She tells me, 'I was always trying to mask my sexuality and femininity. And it's often freeing not to have to worry about what my hair looks like or what I'm wearing.' She says blending in was just as important with her male colleagues as with the people she photographed. 'Sometimes the men underestimate us. It's not until we've been through a few gun battles or rigorous patrols with them that we are finally part of the team and they no longer see us as outsiders.'

WHILE ADDARIO WAS A SUCCESS IN THE FIELD, AT HOME, SHE SAYS HER LOVE LIFE WAS STALLING.

'I dated a lot of men who didn't understand my work,' she confesses, recalling a time she flew back from a battle-scarred Afghanistan for a surreal weekend of surfing in Mexico with her then-boyfriend. Living a dual life made her miserable: 'It wasn't like I had the best of both worlds – I always felt like I was in the wrong place. And I was constantly doing things for love that didn't feel right. Ultimately, I wasn't being true to myself.'

Addario resigned herself to a 'spinster future' ('I'd sort of accepted that a relationship was never going to fit into the life I had chosen for myself') and persuaded her ➤

father to advance her his wedding 'contribution' so she could buy new cameras and lenses instead. A few months later, aged 33, she met her husband-to-be, Paul, a journalist with Reuters. 'He never tried to take away from me. Instead, he just kept trying to add to me, and to our relationship,' she says. The couple married in 2009 and Paul has been both a proud champion of her work and a 'hands-on father' to their son ever since. In spite of the miles that often separate them, they are obviously a closely connected couple. 'People ask me if my husband ever tries to stop me doing this job, but when we met he already knew who I was, so he also knew it would be completely unrealistic to try to change me,' she says.

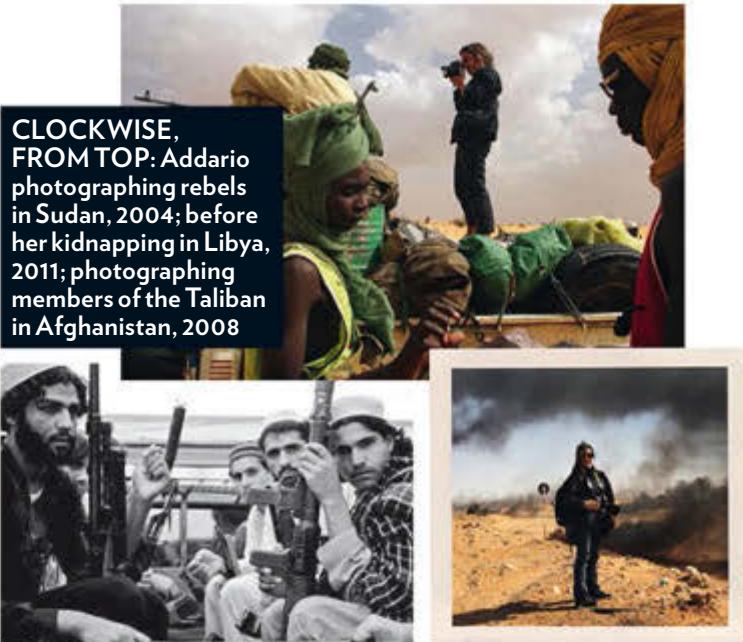
NEVERTHELESS, ADDARIO ADMITS SHE'S PUT PAUL - AND THE REST OF HER FAMILY - THROUGH A LOT OF EMOTIONAL TORMENT. Never more so than when she was held captive in Libya four years ago. 'Until you get injured or shot or kidnapped, you believe you are invincible,' she explains. 'But there was something different about Libya.' She was there on an assignment for *The New York Times* and admits she felt terrified from the start (she phoned Paul and said she had 'a bad feeling that something was going to happen').

Her instincts were right: three weeks into the Libyan uprising she was kidnapped by Gaddafi's soldiers, along with three of her colleagues. She was blindfolded, her feet and hands bound by her own shoelaces. 'It was then I felt more vulnerable as a woman because my greatest fear was getting raped. But my male colleagues were getting beaten much more violently than I was, so we were all being abused in ways that spoke to our gender.'

While she mercifully avoided rape, Addario was repeatedly groped between her legs and abused physically and mentally. She wondered if she would ever see her family again – or get her cameras back. She says she sang *Daydreamer* by Adele over and over in her head to try to stay sane. Thankfully, Addario and her colleagues were released to the Foreign Ministry after almost a week – but while you might imagine such an experience would encourage her to rethink her job, she says quitting was never an option for her, even in the darkest moments. 'I knew I would cover another war,' she reflects. 'Journalism is a selfish profession. But I still believe in the power of its purpose, and hoped my family did, too.'

Quitting also wasn't an option when she discovered she was pregnant that same year, though the thought of being a mother terrified her. 'Everyone just talks about the glory of motherhood, but the reality is, for a professional woman, it's an incredibly hard decision,' she admits. 'And it comes with all sorts of fear: how will it change my life? Will I have any freedom? Will I be able to travel?'

In fact, it was such a huge issue for Addario she didn't tell her family until she was four and a half months pregnant (she waited six months to break the news to her



CLOCKWISE,
FROM TOP: Addario
photographing rebels
in Sudan, 2004; before
her kidnapping in Libya,
2011; photographing
members of the Taliban
in Afghanistan, 2008

editors). Why? 'I was scared that my professional life would end. I felt like I was losing my identity.' Addario's decisions, from talking frankly about her fear of becoming a mother to ignoring the advice of her doctor and travelling to Senegal for work while pregnant, have provoked claws-out criticism. Of that trip, she now says, 'I felt good physically and I wasn't going into combat. People ask, "How could you do that?" Well, I was scared of losing touch with who I was. And [having a baby inside me] was such a foreign idea, I didn't have that bond with my son because I hadn't given birth yet.' Would she do it again, now she has felt that connection as a mother? 'I don't know,' she admits. 'But that's what I did at that time and I wanted to be honest about it.'

TODAY, ADDARIO HAS THE LIFE SHE ALWAYS WANTED: A JOB SHE LOVES, A HUSBAND WHO RESPECTS HER WORK ETHIC and a four-year-old son, Lukas. Of course, there are times when she has to compromise: 'I sometimes have to tell myself: I'm not 20 any more, and I've built my life around a certain set of commitments,' she acknowledges. 'Sometimes I can jump on a plane the next day and sometimes I can't.'

There's a line in Addario's memoir that lingers in my mind: 'I am sure there are other versions of happiness, but this one is mine.' Just before she leaves, I read the line aloud, hoping to glean some wisdom from her tailor-made happy ending. 'There is no one definition of happiness,' she tells me. 'People have to be more honest with themselves and recognise what they need to do to make themselves happy, regardless of what other people think. Because we only get one chance at life – and who knows how long it will last? I've lost so many friends in the last five years and the one thing it teaches me, over and over, is that you have to live your life. Don't let anything stop you from following your heart.'

It's What I Do: A Photographer's Life Of Love And War by Lynsey Addario (Corsair, £20)

Know another inspiring woman? Enter our Red Women of the Year Awards at REDONLINE.CO.UK, and turn the page for more on the awards

HOW SMART ARE YOU?

Nominations are open for Red's Women of the Year Awards 2015, in association with Clinique – do you have what it takes to join our list of trailblazers?

THE CATEGORIES

● COMMUNITY/CHARITY

For someone who has made a difference to a specific community or charity.

● CREATIVE

To celebrate achievement in food, design and the arts.

● DIGITAL

For an e-business that operates solely online, or an inspiring individual.

● MEDIA

For achievement in print, TV, radio or online.

● PIONEER

A trailblazer who has made an astonishing breakthrough in her field.

● SMART WOMAN, IN ASSOCIATION WITH CLINIQUE

For an inspiring icon in any of the categories – voted for by you.

● START-UP

For those who have set up a successful business which is at least one year old.

● STYLE

To celebrate achievement in the worlds of fashion or beauty.

● WOMAN TO WATCH

An up-and-comer, under 30, in any category.

Last year, a prestigious guest list, including Bianca Jagger and Miriam González Duráñez, gathered together to celebrate the achievements of an array of brilliant women. From Laura Bates, founder of The Everyday Sexism Project, whose campaigning alongside the British Transport Police has resulted in a 35% rise in reporting of sexual offences, to Ella Woodward, who receives over two million unique hits a month on her health-food blog *Deliciously Ella*, to research pioneer Dr Selina Wray, who is leading the way in finding a cure for dementia.

Now, we're looking for the next worthy recipients. Are you creating your own agenda in a male-dominated business environment? Have you launched your own start-up, with glittering success? Are you making real, significant change in the community or as part of a charity? Then this is your chance to be celebrated.

Our stellar list of judges (including Harvey Nichols CEO Stacey Cartwright, artistic director of the Southbank Centre Jude Kelly and Labour MP Sarah Champion) will be awarding the women who stand out in this year's categories (left). And for the first time ever our Smart Award, in association with Clinique, which celebrates a particularly inspiring and outstanding individual from any category, is nominated – and voted for – by you. So don't stand back and wait to be noticed, this is your chance to own your achievements – and to be celebrated for them. Head to Redonline.co.uk now and get nominating. Good luck. ☺

Voting for the Smart Woman Award,

in association with Clinique, closes July 3rd

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Last year's Red Women of the Year included, clockwise, from top: presenters Miriam González Duráñez and Bianca Jagger; and winners Laura Bates, Ella Woodward, Dr Selina Wray, Nimco Ali and Leyla Hussein



This year's judges include, from left, Jude Kelly, Sarah Champion and Stacey Cartwright



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HEAT & lust



She found Hong Kong to be vibrant, humid and intimate, yet novelist Emma Jane Unsworth reveals it's what didn't happen there that's truly memorable

Sometimes, the best things are the things that don't actually happen. This is especially true when it comes to romance. Hong Kong, summer 2002: I was one of five journalists on a press trip to preview a new production of *Sleeping Beauty On Ice*. I'd travelled alone, but as I was queuing in the reception of the Mandarin Oriental hotel, I spotted a man in front of me and knew instantly he was on the trip. As I inched closer, his voice confirmed it. He was fumbling – endearingly, I thought – in his travel wallet. Eventually, he located his passport and checked in. When he turned around he apologised for taking so long, and I tutted before I smiled. I can't help it; I've been pushing boys in puddles since primary school. Taunting them to show my interest. He didn't return the smile, but I wasn't deterred. Something had begun.

I should probably say at this point that I wasn't single. I was engaged to a man I barely saw because he worked overseas. I was 23 and scrabbling for work and some semblance of financial independence, post-uni. I wasn't the most stable person, and I was alone a lot. Absence makes the heart grow fonder to a point – after that, it just crystallises into quietly outraged loneliness. I'm

naturally monogamous, but towards the end of several long-term relationships my eye has wandered, and I've acted on it. I'm not proud of it, but it has always told me unequivocally that things have changed, that my emotions have turned from love to not-love. That it is time to go.

When I came down to dinner to meet the rest of the group, he was the first person I saw. The him-radar was switched on and already dangerously accurate. We sat at other ends of the table but I found my eyes constantly drawn in his direction. Long, foppish black hair, unironed shirt, a slightly harried way with cutlery that I felt sure pointed to poetic inner turmoil. I know it's a cliché to fancy the brooding, bookish stranger, but that stuff is in my soul. And

anyway, I blame the Brontës. As I took in his details one by one, I felt a thrilling, dangerous sense of inevitability'

'As I took in his details ONE BY ONE, I felt a THRILLING, DANGEROUS sense of inevitability'

After dinner, we adjourned to the bar and I endured the conversation of the other journalists – one, a honking ballet critic who ordered the most expensive wine; another, an over-caffeinated yet oddly joyless woman who seemed to have a mortal fear of salt. Really, I was just impatient to talk to him. Slowly, people peeled off and went to bed, until it was just the two of us standing there, holding half- ➤

The seductive allure of Hong Kong in *In The Mood For Love*

ENCOUNTER

empty glasses. We said hello slightly embarrassedly, due to our earlier meeting at reception, but also because we both knew we'd been waiting to. We talked about Hong Kong, ice-skating, the ludicrousness of the trip – already the most lavish press trip either of us had ever been on: a five-star hotel for four nights, plus the PR was giving us 'spends' every day to go shopping. We talked about books. (Talk about books with an attractive man in a bar and you're basically asking for trouble...) I was writing one. He reviewed them. We had a few mutual favourites. We did not talk about whether we did or did not have partners back home.

Despite that, my inner Sherlock Holmes was on form, examining evidence and reporting back to my imagination. He wasn't wearing a wedding ring but there was paint on his fingernails, and I wondered whether he'd been decorating a house, and whether that meant he was attached. I had a vision of him blobbing a pretty girl's nose with emulsion and then kissing her. I shook the vision away. I didn't want to think about it. What I did want was another drink. And so did he. We had another round and talked some more. Then – jet-lagged and untired, but mostly intrigued by each other – we went for a walk.

HONG KONG IS AN INTIMATE CITY: THE NIGHT MARKETS, THE BOBBING LANTERNS, THE AIRY MALLS. There's a tangible heat and electricity, your skin crackles from static in the humidity – and yet nothing feels intrusive. There's a respectful distance. You feel it all without being touched. And so it went with us.

The next few days and nights passed in a blur. We watched the production, and when one of the young ice-skaters thwacked into a piece of scenery and fell, he and I flinched simultaneously. I sat next to him in that dark theatre, burning, hyper-aware of the centimetres between my arm and his. I could smell his aftershave in occasional, delicious wafts. When the show was over, we bent down to pick up our bags and our forearms brushed. Ay caramba. True chemistry like that is rare. That night, I was subject to long, lustful dreams – so vivid that the next morning at breakfast I couldn't meet his eye.

On the last night of the trip, we stayed out on our own as usual. But something was different. On a long, alfresco escalator ride he reached for my hand, and held it.

Back at the hotel, I invited him up to my room. I poured us both a brandy from the minibar while he used the bathroom. I positioned myself on the bed in what I presumed was a seductive but not completely sexually available pose. And I waited. And waited.



And waited. Because how do you hurry a man you barely know when he's in the bathroom? I drank more brandy. And then I fell asleep.

WHEN I WOKE, IT WAS MORNING. I WAS FULLY CLOTHED UNDER THE DUVET, AND HE HAD GONE.

My shoes were off, which meant that he had removed them before tucking me in. I hoped I hadn't been snoring, or drooling, at the time. (I asked myself, later, whether I'd have gone through with sex if it had become an option. Times like that, you have to ask yourself what you're more worried

about: being dishonest, or getting caught.) When I went into the bathroom, the cause of his delay became all too evident. He'd used my toothbrush and had a quick wash. When I told my mum this story, years later, she was more horrified about the fact he'd used my toothbrush than the potential infidelity.

'Oh God, no,' she said, 'that's horrendous – I can only just bear to use my toothbrush after *myself*.' But I thought it was sweet and considerate. Just a shame he took so long.

Or is it? Was that non-affair everything it was meant to be, and beautiful for that? Was it, in fact, true romance, with none of the demystifying physical reality? A perfect eternal abstract?

It was awkward the next day. At the airport we both bought fortune sticks; neither of us mentioned the previous night. As he was putting his fortune sticks in his case, I spotted a Chinese dress laid out on top. For his mother, or his sister maybe, said the kind angel in my brain. Not likely, said my honest demon. Back to reality. I think we said goodbye, but I can't really remember.

My fiancé and I split up soon after I got back to the UK. I dropped HK Boy an email around that time, asking how his fortune sticks had worked out. His reply was delayed, brief and, I had to admit on reflection, exactly right. A few years ago when I was newly single again, I got drunk one night and searched for him (among other exes) on Twitter, where I discovered he was preparing for a wedding, and accidentally – mortifyingly – favourited one of his tweets as I was scrolling on my phone. I wondered whether to try and style it out with a 'Heyyyy, great to find you on here, and congrats on the upcoming wedding!' and then fave a few more tweets to make the first one look deliberate. In retrospect, that could have been a wise move. But I've never really been known for those. Instead, I ran away, to the other side of the internet. He didn't follow me.

Animals by Emma Jane Unsworth (Canongate Books, £8.99; out June 4th)

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MEET
**KAIN, JASPER
& JEWEL**



The drawing room is where Tilbury entertains the most, although the silver-leaf cabinet is no longer a bar. 'It used to have a fridge in it but I needed more storage.' The lips belong to Kate Moss, photographed by Chris Levine and 'glossed' by Charlotte. 'People who don't even know Kate recognise them as her lips,' says Tilbury

FROM LEFT: Vintage film posters line the walls; Tilbury's collection of fashion tomes

UP CLOSE WITH THE *hottest woman IN BEAUTY*

Kate, Cara, Sienna... You name them, Charlotte Tilbury is their go-to make-up artist. Pip McCormac visits her at home to discuss her growing beauty empire and her 350 pairs of shoes

Photographs OLIVER HOLMS

En route to interview Charlotte Tilbury at her Notting Hill home, I find myself worrying about how soon is too soon. Too soon to ask the question, the one I'm sure everyone wants to ask her, that she probably gets all the time. Just what is Kate Moss really like? For while I'm here to talk ostensibly about her beauty range, her house and her fabulous career as a world-renowned make-up artist (she's the go-to girl of Cara, Gisele and Amal – whose wedding 'face' she artfully applied), of course I really want to get her on to the topic of her best friend Kate.

In the event, I needn't have fretted. Less than two minutes after we've sat down, she is volunteering her best mockney Moss impression, with no encouragement. She's doing it in reference to a colossal photo, which dominates her drawing room, of Kate's plump red lips – the result of an art collaboration between Tilbury and the photographer Chris Levine.

'Yeah, she's always like, "Ow did you get that? I want one!"' giggles Tilbury, alluding to the many times Moss pops round. I can wait no longer. 'So is Kate still really beautiful?' I ask unashamedly, caught up in the matter- »



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of-fact way Tilbury talks about her life. 'Of course,' she says, after what turns out to be the only pause in her patter the whole hour. 'Not only is she totally stunning but she has also got an incredible personality, she moves unbelievably on camera, she has incredible personal style, it's so much more than just one thing.'

The lips print is a bold statement in an otherwise fairly muted townhouse, which seems to act as a retreat from Tilbury's manic schedule, a haven for her film-producer husband George Waud and sons Flynn, five, and Valentine, nearly one. Its walls are covered in quietly tasteful Stone II paint by Paper Library, while vintage furniture from Alfies Antique Market is reupholstered in pale satin to make it feel ever more sumptuous.

Even the silver-leaf cocktail bar in the drawing room has been toned down. 'I removed the fridge because I wasn't using it and needed more storage,' she says (storage is a big thing for Tilbury – upstairs she has over 350 pairs of heels to stash). Most of the rest of the artwork is by her father, the artist Lance Tilbury.

Talking to Tilbury is like a happy, campy, fluffy onslaught, a wave of conversation you just have to get enjoyably swept up in. She's wearing a Mairead Lewin Vintage wrap dress, Prada shawl and shoes, and folds away her sunglasses – 'that Stella sent me' – into her Miu Miu bag, as she peers at me through her smoky eyes and ruffles her Bardot-esque hair. 'Do you mind if I smoke?' she asks. 'I don't normally,' she adds, leaning in confidentially. 'Well, only one a day.' She proceeds to chain two. 'But then I've been sick and not smoked for three days,' she rattles on charmingly, drawing me into her world. 'Actually, I'll tell you what, I was sick and still made it to meetings and put the kids to bed, and then my husband got ill over the weekend and couldn't do anything. Typical.'

Along with speculating about Kate Moss, I had also wondered how Tilbury fits it all in. How she finds time to run her successful make-up line, which launched in 2013 and is now sold in the UK and US. About how she manages to fly around the world, the backstage mainstay at fashion shows such as Donna Karan, Tom Ford and Matthew Williamson, and still be at the beck and call of her favourite celebrities – and, of course, her family.

She says she travels almost constantly, often with her sons in tow, and that managing her troop of A-listers is down to one thing: 'I'm very loyal. I've turned down some unbelievable things in my life because I've committed to another thing first. You can't mess people around. I do have a team that my celebrities trust – Cara, Poppy, Kate, Sienna, Blake Lively and so many more. Now when I travel, if I go to the Met Ball, Cannes, the >



“
I'm very **LOYAL**.
I've turned down
some unbelievable
things because
I've **COMMITTED**
to another thing first
”

FROM TOP:
Books and vases
in the sitting room;
'The garden is
quite small, but
made to look
bigger with clever
foliage. All smoke
and mirrors,' says
Tilbury; a framed
Mario Testino shot



FROM LEFT:
Some of Tilbury's
350 pairs of heels;
Tilbury's own
products line
the bathroom



PROFILE

Oscars or the Golden Globes, I take Team Tilbury with me who can also do make-up for me.'

I'm compelled to interrupt. 'Can we just take a moment to appreciate how fabulous that sentence is? That you get to go to all those places!?' She laughs again. 'God, you're right,' she hoots. 'I think because you're in it, you don't register it; it's just another day at work. There's so much going on, it's not as glamorous as it sounds. Though, of course, there are glamorous moments.'

Like the Clooney wedding? 'Yes, that was glamorous. I was working but I got invited as a guest one night. I was very lucky.' And she moves the subject on. For all the big names she has in her conversational armoury, she's overtly discreet. There's a lot she won't talk about, and I can't get any further into Kate's psyche than I already have – which is one of the reasons her clients come back. '[Doing someone's make-up] is so intimate,' she says. 'You have real moments together, like wedding days, for example. More intimate moments than they'd share with their own friends. That's what is so wonderful about it.'

I'd wager it's her enthusiasm and verve that keep those celebs returning, too. She's fearless in an infectiously bright way. Such as when I ask if she ever imagined she would be this successful. 'Yes!' she says, with an emphatic laugh. 'I only do something if I think it can be the best, and my products use the best formulas on the market. The minute people try them they become addicts.'

This is true even of *Red*'s beauty director, Annabel Meggeson, who says, 'I'd never have believed the world needed another eyeliner before Charlotte's came along. Now, I'd panic without it.'

Tilbury believes the most common problem for women's skin is it gets dehydrated, and needs her Charlotte's Magic Cream, a cure-all concoction developed from a family recipe. She says she tells her friends when they're looking tired, but you can imagine her doing it with such warmth and genuine desire to help, they don't get offended.

Make-up, for Tilbury, is about empowerment. 'It's what it does to you psychologically [that I'm drawn to], that confidence it gives you.' She lists what she's wearing today, a routine that starts with her own Goddess Skin Clay Mask and Wonderglow ('which is like Gisele in a jar') and ends nine products later with her Penelope Pink lipstick. The result – bar those smoky eyes – is still remarkably pared back, and she seems very comfortable in her own skin. Is that because of the make-up? 'Without it, I would not even be able to talk to you. My husband has never seen me without it.' Not even in the mornings? 'Nope.' Does she jump out of bed first to put it on? 'I sleep in make-up. It's never not on.' Doesn't it get all over the pillows? 'I don't care! I have a nine-month-old baby and a full-on schedule, I am exhausted and I need the make-up. I do sometimes

Tilbury in her bedroom. The walls are Paint Library's Stone II, 'which I've matched with Stone I and Stone III around the skirtings' and the antique chair was reupholstered in satin



“
My husband has
NEVER seen me
without make-up...
I SLEEP in make-up.
It's never not on
”

wish I was a bionic woman, and not a normal human.'

It was Tilbury's parents who gave her the bohemian upbringing she credits with her success – her painter dad and fashion-producer mother brought her up in Ibiza, where creativity and celebrity were the norm. 'Freddie Mercury, Grace Jones, Bob Marley. They would all pop in, and because I was a little girl and they were on holiday, they'd talk to me and make me think anything was possible.' It's a belief Tilbury manages to impart herself. Her advice, when I ask for it, is obvious: 'Do what you love, follow your dreams, make your own destiny.' Yet she's done all those things, and created her own empire. I leave thinking I could, too. And that I really want some of her Magic Cream.



A painting by Charlotte's father, the artist Lance Tilbury

Get Charlotte Tilbury's celebrity make-up secrets at REDONLINE.CO.UK

A woman with blonde hair, wearing a light green and blue striped sleeveless top, is standing outdoors. She is holding a pair of sunglasses in her hands. The background is bright and slightly out of focus.

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FRIENDS: THE REAL LOVES OF OUR LIVES

The fancy dinners, the declarations of devotion... It's the women in our life who get the very best of us, says Rosie Green. And she's not sorry

Ido not dress up for my husband, do not cover that spot, wash my hair or wear high heels. I don't send him little gifts, email him things he might like or share with him things that have made me laugh or cry. I might have a decade ago, when our love, to quote that classic wedding-fodder passage in *Captain Corelli's Mandolin*, was all 'eternal passion' and 'erupting volcanoes'. But these days, we have progressed on to the second stage de Bernières describes, the love that 'is left over when being in love has burned away'. Strong, reassuring, deep, but undoubtedly less tie-sided silk knickers and more childcare negotiations, knackered sex and snorting laughter. Romance has pretty much left the building. He bought me welly warmers for Christmas.

Into that romantic void have stepped my girlfriends. Thanks to life's shifting circumstances, they're the ones providing the thoughtful gestures, and with whom I'm having the 2am 'meaning of life' conversations.

Take the notion of soulmates. What teenage girl, upon reading Emily Brontë's declaration, 'Whatever our souls

are made of, his and mine are the same,' hasn't craved such a powerful connection with some broodingly handsome man? In your teens and twenties you search for a square-jawed hero that 'gets you' and meets your every need. But generally that doesn't work out so well, because men are (mostly) hard-wired to think differently.

'WOMEN TEND TO BE MORE SKILLED AT GIVING EMOTIONAL SUPPORT,' says psychologist Linda Blair, author of *The Key To Calm*. 'Men are generally better at strength and reliability.' Which might explain why I spent the better part of the 1990s trying to extract 'understanding' from my then-boyfriend. It took me a few years to get that, though he was solid, funny and blessed with rippling muscles, he was crap at listening to the inner workings of my mind on repeat. With the benefit of maturity I recognised that a) I'm perhaps a little too self-obsessed and b) my friends are those soulmates with whom I share the same emotional DNA. And that the 'just checking in today cos I know >

RELATIONSHIPS

it'll be hard for you' reassuring text will undoubtedly come from them, not my husband.

If 'romance' is about connection, it is also about a euphoric, feel-good fix, a spring-in-your-step mood boost. Because your mates know what makes you tick so instinctively, they can leave you as buoyed as that mix tape from your lover did in your twenties. And now that chat with your partner is mostly focused on such scintillating topics as Nectar points and MOTs, gushing compliments are more likely to come from your girlfriends.

WITH MY MATES THERE IS ALWAYS A GENUINE INSTANT MUTUAL APPRECIATION. I will admire their new shade of blonde or back-from-Greece glow. They will notice the four inches off my hair (which my husband, somehow, has not).

Perhaps this rosy 'romance' develops with our pals because, at this life stage, we see them much less than we see our partners. Gone are the days of house-sharing, when friendships were beleaguered by squabbles about absentee loo roll, or someone's gran calling at 8am on a Saturday. Now, thanks to distance, jobs, children and grown-up responsibility, meetings are rare and valuable. 'Because of our busy lives I only get to meet my friends once a month,' says my friend, TV presenter Amanda Lamb. 'But any longer than that and I get serious withdrawal symptoms.'

When my friends and I do see each other it is generally without the pressure of daily domestic life. Unencumbered by split bin bags, leaking showers and petty annoyances like the non-rinsing of cereal bowls, it's easier to see friends through rose-tinted specs. There is more time to indulge in freewheeling discussion, more time to listen and be heard. In this environment we can present our best, most charming, you could say most seductive, selves. Plus, the 'specialness' of the gathering means boring restrictions of routine and budgets are headily abandoned.

When *Red*'s features director Sarah Tomczak commissioned this piece, she told me, 'My friends and I spend time researching the nicest restaurants to try out together, while my husband and I go to our local Prezzo with a 30% off deal. My friends get the quality time.'

Truth is, it's easier to be 'romantic' with your mates. You ask less of them, you need them less. You have (hopefully) many friends, but (generally) only one partner, so the pressure on them is inevitably cranked up. Friends' actions have fewer repercussions for you than your partner's. You can give them the advice they want to hear, say 'leave your job, buy that car, go travelling' freely because it doesn't affect you.

This is not about belittling the role our partners play in our lives. I value my husband's solid, generous support. And precisely because he is less emotional and sensitive, he becomes a welcome haven when things get too political

with my mates. No, this is about unashamedly embracing the strength of feeling we have for our girlfriends.

In the past, books/films/poetry/Celine Dion's back catalogue have implied that your romantic relationship should be *everything*, and that to look outside of it for support and validation signals its failure in some way. But that attitude, like breaded mushrooms and Betamax, feels stuck in the 1970s. Now, most of my friends attach substantial, if not equal, importance to their friends as they do their lovers. Why? Because there's a good chance those platonic relationships might outlive their romantic ones, and also because women listen like they mean it and are essential to each other's sanity.

As I talked to friends and relationship experts for this piece, I felt less worried about admitting the depth of my attachment to what my naughtiest (male) friend calls my 'muffin'. And less guilty about neglecting my husband for my mates. 'Don't feel guilty!' says Blair. 'The more you rely on a partner for everything, the less stable that relationship is. You'll be less needy.'

Life's gentle turns and sharp twists mean what we need and who we need it from evolve constantly, but luckily for our generation we are freed from the idea that romantic love, in the Cathy and Heathcliff sense, is love in its truest, most valid form. Now, we can value the love we have for our girlfriends and appreciate that they are often better equipped to make the traditional 'romantic' gestures than our partners. So, from here on in, I'm pashing on my friends with impunity. ☺

‘Women LISTEN like they mean it and are ESSENTIAL to each other’s SANITY’

Romantic gestures loved by friends (wasted on partners)

LOVE NOTES. From places like Smythson or HoneyTree, because girlfriends appreciate both the gorgeousness of the stationery and the 'so lucky to have you in my life' kind of chat.

PRIMPING. Because the men in your life have (probably) never tried to apply perfect cat's eye liquid liner, they're generally not able to contribute appropriate levels of appreciation.

DRESSING UP. Penny will appreciate a fine bit of J Crew embellishment. Nadine will nod approvingly at my Rag & Bone boots. My husband, on the other hand, will say 'lovely' without looking up.

SITTING IN THE BACK ROW. Now that (post-kids) my emotional resilience levels have been reset, I can't handle anything sad or violent. As a result, cinema trips are generally a female-only affair.

CREATING AN AMBIENCE. I would never light the Diptyque for dinner à deux with my husband, and to him the lanterns in the porch are just a fire hazard. Girlfriends, meanwhile, love an Aesop hand-wash.

Read more on friendship and relationships at REDONLINE.CO.UK

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LET HIM *entertain* YOU

Restaurants we queue for, cookbooks we pore over and an uncanny knack for predicting the way we all want to eat – Russell Norman is the nation's most influential foodie

*Words MARINA O'LOUGHLIN
Photographs HAMISH BROWN
Styling LAUREN T FRANKS*



Polpetto, in London's Soho, where I'm meeting Russell Norman for lunch, is possibly the most feminine of the entrepreneur's world-famous group of restaurants. Reclaimed church windows let in a warm glow and the floorboards are rich brown wood. Norman is every bit as chic as our surroundings. Dressed in grey jeans and a pale blue J Crew shirt, he looks much younger than his 49 years; 'My oldest son, Ollie, is actually nearly 24,' he says to my astonishment.

In just six years, Norman has become one of Britain's most successful restaurant entrepreneurs – think of him as a cooler, more urban Jamie Oliver (along with the restaurants and TV shows, he's happily married, with three kids). And he's >



Russell Norman
photographed for
*Red in Polpo At
Ape & Bird in Soho*



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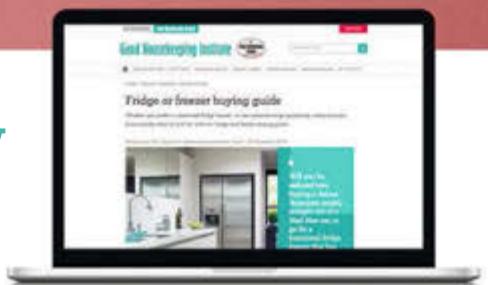


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got a certain swagger and sex appeal that Jamie, national treasure though he is, has never quite pulled off.

Polpo Ltd turned over £12 million in 2014, and alongside his wildly successful restaurants, Norman writes ground-breaking cookbooks – *Polpo: A Venetian Cookbook (Of Sorts)* – and makes TV series – BBC Two's *The Restaurant Man*. He opened Polpo in London's Soho in 2009. His take on Venetian bacaro (informal dining) with a cicchetti (small plates) menu was a startling success and led to a nine-strong (and counting) chain of restaurants across London. He's managed the impossible – to transport the heart and soul of Venice to the British capital. Polpo's almost-instant success gave birth to Spuntino, a New York-style speakeasy and Mishkin's, a Jewish-style deli.

He has also transformed the London restaurant aesthetic. Stripped floorboards, bare-brick walls, filament light bulbs and cutlery jostling in old tin cans all came courtesy of Norman. (Although, in typical restless fashion, he has already moved on from the signature style he helped to create.) He also discarded the infamous booking system in favour of an unpretentious 'walk in and wait' philosophy.

But is it all as effortlessly elegant as it looks? He laughs, 'I spent a lot of time alone in Venice, collecting menu paper, linen samples, glassware,' he says. 'I was also enchanted by a few bars in New York. All those elements came together to create our style. I had no idea if it would work or not. Thank goodness it did.'

His control freakery is still intact – Norman oversees the interior design of all his restaurants, even down to giving final approval on those light bulbs. He's well aware this meticulous attention to detail is, in part, the secret to his success, particularly as his first restaurant opened just as the recession hit. 'I think the stripped-back aesthetic of Polpo and Spuntino chimed with the suddenly austere times,' he muses. 'It gave people permission to continue to go out and have a good time without spending too much money and feeling guilty.'

I've left it to Norman to order our food, and each small plate that arrives is a pleasure: plump mussels, fried and served with paper-thin slices of crisped kumquat; lamb's tongue, served simply with ambrosial Sardinian Camone tomatoes; Strozzapreti pasta laced with slow-cooked beef shin, rich and vinous.

I've watched him in his various establishments over the years, and he has the air of a man in his natural environment. 'I occasionally go to one of the restaurants at lunchtime, put on an apron and help clear tables and take orders,' he reveals, 'but I get away with it less than I used to. These days I can see customers looking at me thinking, "Who's that really old waiter?"'

Were restaurants always his ambition? 'My career is a sequence of accidents and coincidences,' he says. 'I originally wanted to be an academic but realised

'My career is a sequence of accidents and coincidences,' says Norman



I wasn't brainy enough. I then got a succession of bartending, waiting and maître d' jobs in the likes of Blueprint Café and Joe Allen, before going back to college. After three years as a teacher I realised I was kidding myself – I missed restaurants too much.'

Following a phone call from chef Mark Hix, he found himself as the operations director of Caprice Holdings (The Ivy, Le Caprice). 'But I had this idea for a restaurant that wouldn't go away. That idea was Polpo. My best friend Richard Beatty persuaded me to leave my job and open it with him.' That must have been terrifying? He smiles wryly. 'When I resigned, I was a father of three with a mortgage, well-used credit cards and a bank loan. My oldest, Ollie, was about to start university and my wife Jules was at

home looking after our tiny daughters. Oh, and Lehman Brothers had just collapsed. So yes, absolutely terrifying. It's clear that Norman knows food, and revels in it. 'Despite sometimes spending 80 hours a week in restaurants, I find cooking helps me relax. Making risotto is my meditation,' he says. As my own daughter would happily live on Heinz Tomato Soup, I'm intrigued to find out if his children are adventurous eaters. 'The girls rarely turn up their noses. Mabel, our eight-year-old, is more adventurous than Martha, >

“Despite spending 80 HOURS a week in restaurants, cooking helps me RELAX. Making risotto is my MEDITATION”

who's nine: she loves sashimi and ceviche. As a baby she would find snails in the garden, scoop them out of their shells with a finger and eat them alive.'

Is this what his own family background was like? I'm imagining something bohemian. A huge, well-used kitchen table, French windows opening on to a herb-filled garden. I couldn't be more wrong: 'Ah, my family... I grew up mostly in Hounslow. My mother left my father when I was five and my brothers were three and one. She sent him packing in a Triumph Herald and rekindled her thing with a jailbird ex-boyfriend who became my stepfather. He had strict rules, one of which was that we were banned from the kitchen. But my mother was a very good cook and I have fond memories of lasagne, sausage-meat pie and, my favourite, egg and chips. I was allowed in my grandmother's kitchen in east London, though – we used to bake fairy cakes and chocolate cornflake cakes.'

Last year was a busy one for Norman. Not only did he write his new *Spuntino: Comfort Food (New York Style)* cookbook (out this September), but he also made *The Restaurant Man* for BBC Two, a sort of gentle version of *Ramsay's Kitchen Nightmares*. As someone who's enjoyed low-key success to date, surely it must be odd to be suddenly thrust into a bigger spotlight? 'The funny thing about being on television is that although you occasionally get recognised, nothing else changes, nothing at all.' He's adamant that fame wasn't the ambition (and I believe him): 'With *The Restaurant Man*, I wanted to make documentaries about real people opening real restaurants.'

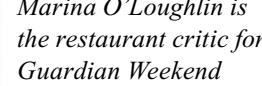
Given that I make my living reviewing restaurants, I have to ask him how he feels about criticism? 'There is a great deal of love in everything I do and I get very attached to my businesses,' he admits. 'I get very low when things go wrong. Unfortunately, I focus on the critical. In the early days, if one of our restaurants got 99 excellent write-ups and one bad one, it would be that one I'd obsess about. I can't read them now: it's like being told your child is ugly.' I squirm just the tiniest bit.

Now that his empire stretches to nine restaurants, with more in the pipeline, how does he feel when Polpo is accused of becoming just another chain? Norman manages just the suggestion of a wince: 'It used to bother me, but less so now. I'm confident each one gets as much individual attention as

it ever did, each still has its own personality. I prefer to say "group" of restaurants, or "family".'

I tell him I've always found that family is actually far trickier than business, one slightly more controllable than the other. 'Yes,' he agrees, 'I've made mistakes all over the place in terms of my career, relationships, money and haircuts, but I really want to make as few mistakes as possible bringing up my children. Sometimes I'm not as engaged as I should be, particularly with Martha and Mabel.' Ah, the old parental guilt – it gets all of us, doesn't it? He laughs, 'They're so shrewd – they tease me about

my distractedness. They've invented a persona for me that they call "Victorian Father", who shakes their hand while saying goodnight.' It's impossible not to have hopes and dreams for our children, I say. 'I don't really have them,' he counters, 'other than that they're always healthy, always happy and that one of them becomes prime minister and one of them wins a Nobel Prize. Oh, and that Ollie is a rock god.'

We wander out into the fading Soho afternoon, deliciously woozy from a long lunch of excellent food – Polpetto's head chef Florence Knight isn't afraid of big, thrilling flavours – and good wine. Norman shows me the site of his next project, in Soho. It used to be several sex shops, one with the delicious name Spankarama – and, he hints, will be quite a departure from anything in his current stable. He's cagey about precise details, but of one thing I'm sure: if Norman's behind it, it will be a sure-fire success. 

Marina O'Loughlin is the restaurant critic for *Guardian Weekend*

HOW RUSSELL NORMAN HAS CHANGED THE WAY YOU DINE

1 Negronis: Equal parts gin, campari and vermouth, Polpo's signature drink has become the hangover-maker of our times.

2 Filament bulbs: Industrial style thrives on looking unfinished, and it began in Norman's restaurants.

E27 filament bulb, £5.99, glow.co.uk

3 Fisherman lights: Those utility shades we've all hung in every kitchen since 2011? Who do you think did them first? *Metal shade, £22.99, B&Q*

4 Sliders: Or bite-size burgers, if you please. Three on a plate was Norman's now much-copied brainchild.

5 Mac 'n' cheese: This gooey goodness was the preserve of school dinners until Norman's restaurant Spuntino started serving it in 2011. The secret recipe is the godfather of every modern version.

6 Sharing plates: Only Spanish tapas restaurants did sharing before the Polpo group, but the ethos of his restaurants is simple: order more, taste more, enjoy more.

7 No reservations: Before Norman, we'd never consider queuing for our supper. But throw in a standing-room drinks list and dining out suddenly got a lot more spontaneous.



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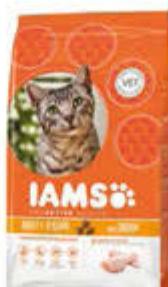
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THE ROAD FROM MEMOIRS TO MEDICINE



For most people, becoming a published author six times would be enough, but for novelist Roopa Farooki, something was missing – so she signed up for med school

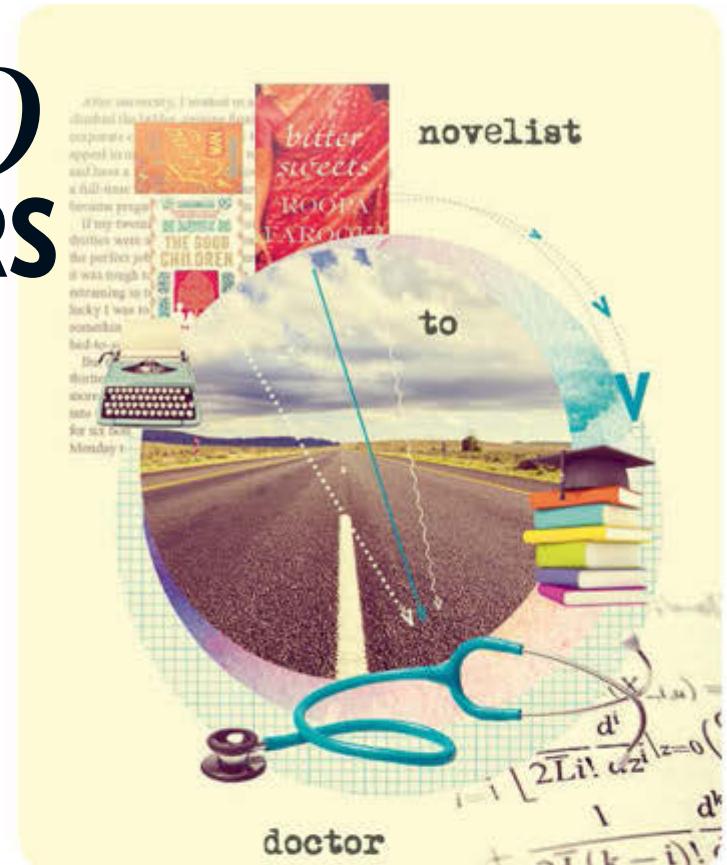
As a novelist, I've written about characters with crazy dreams. I had an ambitious dream of my own, which was to become a published writer. I achieved it in my thirties, and by the time I was 39 I'd achieved it six times over.

It sounds easy when I put it like that; of course it was anything but. I'd had a hundred rejection letters before I got a novel accepted. It happened when my first child was only a few weeks old, so I was raising a family, too. I wrote my fifth novel, *The Flying Man*, between three-hour breast-feeds for my newborn twin girls, with two boys who were both under five. I'd peel myself off the laptop in the early hours, having fallen asleep mid-sentence. But I was about as driven as someone could be. 'Congratulations,' said an eminent interviewer at a literary festival, when my sixth novel came out last year. 'Six books is a career.'

I'd made it. After years of hard work, I'd achieved my dream. I should have been overjoyed, but instead I felt strangely ambivalent. What happens after happy-ever-after? What do you do after you've achieved your dreams? And I found myself thinking about what might have been, the path I didn't take.

I'd had another ambition when I was younger. I'd always wanted to be a doctor. I was top of my class at sciences, but precociously smart at the arts. I'd written my first novel at 15. It was obvious where my strengths laid, so I wasn't encouraged to pursue science A levels. I told myself I was already a writer – trying to be a doctor seemed too much like having my cake and eating it.

After university, I worked in advertising. I doggedly climbed the ladder, gaining financial security, but the corporate career I'd built in my twenties didn't have any appeal in my thirties. I wanted to focus on my writing



and have a family. At thirty, I took the plunge, becoming a full-time writer, and after years of trying, finally became pregnant, too. And then again. And again.

If my twenties were about profit and promotions, my thirties were about books and babies. Being a novelist is the perfect job to have with young children, and although it was tough to make ends meet, with my husband retraining in teaching, I constantly reminded myself how lucky I was to be able to support our family doing something I loved. And you couldn't beat the bed-to-sofa commute.

BUT THEN I TURNED 39, AND THE PERSON I'D BEEN IN MY THIRTIES, THAT BAREFOOT MOTHER OF INFANTS, WASN'T THERE ANY MORE.

My twin girls were starting school and stepping into their own lives. Into a world that didn't involve me for six hours a day. So what did I truly want to do, Monday to Friday, for the next 40 years? Working from home, I'd become the cliché of a socially challenged writer who failed to get dressed for days on end. I'd do the school run in my pyjamas. I wasn't disenchanted with writing, but with my working life. I felt an intense need to rejoin the real world, and thought about the legacy and example I wanted to leave my children. Could I really say I'd done the best I could with whatever talents I had? I entertained and sometimes moved my readers, but I didn't know how much I *helped* them.

And at the back of my head, that nagging thought. The one I'd suppressed in my twenties, with my corporate career, and in my thirties, with family and fiction. What >

LIFE LESSON

might have been? That untravelled road. Was it too late, and was I just too old, to become a doctor after all?

I did my research, and realised that it *was* possible. Ridiculously difficult, as I didn't even have any science A levels. Financially difficult, too, involving serious student debt. But possible. So there I was. On the cusp of 40. An award-winning novelist. Talking about starting from scratch in a completely different career.

My husband denies this now, but he thought I was mad. 'Why do you always have to be *doing* stuff?' he said. My family mumbled things like 'Why?' and 'How?'. Friends said, 'You've already got a career! Isn't that enough?'

LIKE MOST PEOPLE, WHEN I'M TOLD I CAN'T DO SOMETHING, I WANT IT EVEN MORE. I stopped talking about it, and took action instead. I quietly home-studied biology, physics and chemistry beyond A-level standard, so I could sit the graduate entry exams to medicine, with all the science grads. I had to study for six hours a day, every day, for several months to cover the syllabus. I worked for free for six months, two days a week, at a GP's surgery and local hospital, to get the experience I needed.

My sixth novel had just come out, and I found myself living a double life. Acclaimed author and anonymous pre-med student. Being interviewed by Mariella Frostrup on Radio 4 in the morning, and doing electrocardiograms in the afternoon.

My children were in school while I was working, but I suffered agonies of guilt for not spending enough time with them while I was home-studying.

'Why don't you play with us any more?' my daughter asked one Sunday morning when I was struggling through organic chemistry. So I began studying in secret, starting at 5am before my children were up, then carrying on after they were in bed. And I was terrified that after all this effort, I wouldn't be good enough to get through. When I attempted mock exams in a six-hour stretch, I was too slow and slumped towards the end. I gave up coffee, stopped drinking and soldiered on, practising paper after paper. I asked myself how much I wanted this, especially when I was on my feet for four hours straight in a late-running clinic, with patients getting irate about the wait. Medicine isn't glamorous. There were some tough moments. I'd written about characters who were doctors, but doing it was different. Of course it was. Fiction has to be better than reality. But I realised, despite all the setbacks and reality checks, I wanted it very much. I held the hand of a frightened 90-year-old, reassuring her as she was anaesthetised for surgery. I could help people, even from my lowly pre-med position.

And so I sat the graduate exams in a vast hall, last September, and when I got my results, I was stunned. I'd scored in the top 4% of the country. I was contacted for interview by the medical schools within the hour.

I couldn't believe it was really happening. I didn't tell anyone, as I didn't want to jinx it. I knew exactly which medical school I wanted to go to – St George's, University of London, in Tooting. If it hadn't been for the fertility treatment I'd received at St George's, back in 2004, I'd never have had my first child. It felt like closing a circle. So the St George's interview was the big one. I overprepared, did a test run for my family and fretted about my clothing.

'You can't wear those knackered boots,' said my husband. 'It's like you got them from a market for a tenner.' 'I did,' I pointed out. So I dug out a dusty pair of heels, and he polished them for me. 'You look like you work for the Halifax, Mummy,' said my boys. 'Is that a good thing?' I asked. 'Dunno,' they shrugged. 'Like your shiny tights,' said my daughters, who knew just what to say.

On the train to the interview, I wondered what other candidates would think of me. A grown woman competing for a place with twentysomethings. When I got there, in the nervous, coffee-fuelled moments before being called in, another candidate mentioned he'd been to New College at Oxford. 'I went there, too,' I said. 'But a bit before you.' 'I left ages ago,' he said, 'Been teaching classics.' I realised that age and previous pedigree simply didn't matter. We were all in the same boat. Aiming for the same dream.

The interview process was the most nerve-racking I'd ever experienced, because of the time-pressured multiple-mini format – there was little chance to communicate your passion.

I'd interviewed candidates as a part-time lecturer, and was terrified I was messing up on the other side of the desk. All I wanted to say was how I was prepared to turn my life upside down to do this, that I wanted it more than anything.

I met my mother afterwards and told her I'd done my best. I didn't know if it was good enough. It turned out it was.

My place at St George's was confirmed a few weeks ago, and the support was overwhelming. 'My mummy's going to be a doctor,' Son Number 2 tells everyone.

So now I have a vocation, and I'm going to work in a caring profession where I'll help people every day. I'll still write, though, because that's what I do for me. Perhaps you can have your cake and eat it. I hope I've shown my children that no one apart from yourself can tell you what you can or can't be, at any stage of your life. I was an exec in my twenties, a writer in my thirties, and now, I'm beginning my forties as a medic. With hard work, and passion, you can aim for whatever you want. Even though it means I'm going to be broke, but happy, for quite a few years. This isn't a happy-ever-after, as it's not the end of the story. This is just the beginning

of another huge adventure. 
The Good Children by Roopa Farooki (Tinder Press, £7.99); roopafarooki.com

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Reads

Edited by HANNAH DUNN



BOOKS, GLORIOUS BOOKS

Welcome to our new section of the magazine, devoted to the pure joy of books – and the brilliant authors behind them. We've hand-picked the best summer reads, quizzed our favourite women on their holiday book list and spoken to the legendary Judy Blume, as she delivers her first grown-up novel in over 17 years. It's a literary love-in »

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THE hottest TITLES in town

You've got the time, you've got the beach, now all you need is the page-turner. Over to Viv Groskop for her pick of the best new releases

THE VERSIONS OF US

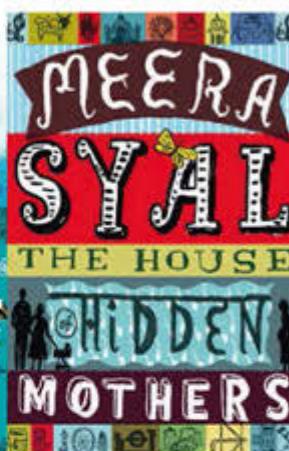
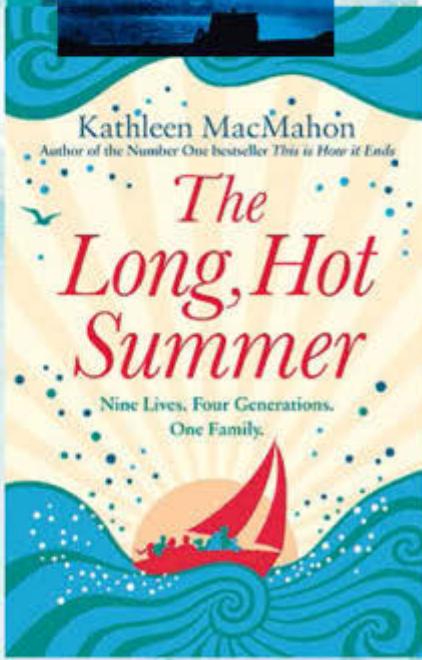
BY LAURA BARNETT

(Weidenfeld & Nicolson, £12.99; out June 4th)

With shades of Lionel Shriver's brilliant *The Post-Birthday World* and a nod to the film *Sliding Doors*, the debut novel from *Guardian* writer and acclaimed short-story author Laura Barnett follows three different versions of a couple's future. What if you had said yes? Or no? Or something entirely different had happened?

Eva and Jim are students at Cambridge when their paths first cross in 1958. Their meeting is electric and you're rooting for them from the start, but then your sympathies are pulled in different directions... There's a flashback to 1938, and an addictive, page-turning three-part narrative that draws you in, won't let you go and holds you in its clutches all the way to 2014.

I loved the evocation of Cambridge student life in the late 1950s in part one. In part two it's the mid 1960s and, in the 'first version of us', Eva is working on a newspaper and Jim's artistic ambitions are being realised. In the other versions, things aren't going so well. By part three it's the 1980s and the three alternating stories are flirting between London, Rome and Sussex. You're never sure which version will turn out to be the 'real' one and that's what makes this such an exciting and clever novel. It marks the emergence of a major talent in literary fiction. I can't wait to see what Barnett does next.



The House Of Hidden Mothers
by Meera Syal
(Transworld, £14.99; out June 4th)

Little India, east London: Shyama, aged 44, has fallen for a younger man. They want a child together. A fascinating novel about the lengths women will go to in order to have children.

Our Souls At Night
by Kent Haruf

(Picador, £12.99; out June 4th)

Set in Colorado, this is an eloquent story of a man and woman who, in advanced age, come together to wrestle with the events of their lives and their hopes for the future.

The Long, Hot Summer
by Kathleen MacMahon
(Sphere, £19.99)

The MacEntee family gathers to celebrate the 80th birthday of their matriarch, Deirdre, a flamboyant former actress. A compelling saga of nine lives, four generations and one extraordinary family.

We grew up with her books, and now she's writing for our adult selves. Welcome back, Judy Blume – we've missed you, says Hannah Dunn

Judy Forever



Tell us about your new book, *In The Unlikely Event*.

It's about a series of tragedies and how those tragedies affect three generations of families. It's a blend of real and fictional.

What inspired it?

There were three plane crashes in my hometown of Elizabeth, New Jersey, in 1951 and 1952. I've never forgotten the events, but I'd never written about them. Maybe it was a question of waiting for the right time. And I had to be able to tell it in the language of the news reporters of the 1950s. I don't think anybody today would say, 'The plane broke apart like a swollen cream puff.'

Do you enjoy writing?

Most days, during a first draft, I would tell you no. I hate it. And then something happens that will make me say, 'Oh yeah, I love this.' I enjoy it when I can take it down from the bookshelf and say, 'Oh, look what I did – how did I do that?' It was easier in the beginning when I wasn't afraid of anything. I didn't know enough to be nervous and those early books just spilled out. Now I have an audience waiting.

Which book are you most proud of?

They're all my little babies, I don't like to choose a favourite. I'll always be grateful for *Are You There God? It's Me, Margaret*. It brought me many, many, readers. And *In The Unlikely Event*, because it's complicated – I liked figuring it out.

Your books got us through our teenage years.

Who was there for you?

By the time I was 12 I was reading my parents' books, because there weren't teenage books then. My parents gave me a great gift: they told me reading is good and never questioned what I read.

Who's been your biggest role model?

Growing up, it was my father. He was adventurous and it was exciting and fun to be with him. He led me to believe I could do anything. Sadly he died very young at 54, when I was 21, so we never got to know each other when I was an adult.

What's your best thing in life?

My husband, George. I'm never bored with that man. I always vowed that I would never let anybody be such a big part of my life, because I thought my mum was too dependent. He's given me what I thought wasn't possible. I say to him, 'You'll never be able to leave me because I say all these great things about you.' » *In The Unlikely Event* by Judy Blume (Picador, £16.99; out June 2nd)

Tweet us your favourite Judy Blume books @RedMagDaily

Our ultimate beach READS

A holiday is cherished reading time. What have you been saving up all year? Take inspiration from these *Red* women's choices



FREYA NORTH, AUTHOR

I'll be reading... *North Of Normal* by Cea Sunrise Person. I love books in sharp contrast to the safe and cosy life I lead, and *North Of Normal* is a moving memoir of Person's childhood spent – or misspent – on a commune in the Canadian wilderness with her bonkers family. She lived in a tepee with her teenage mum, grew pot and foraged for food until turning her back on it all to become an international model at just 13.

Why: When I was in Canada researching my new novel, there was a real buzz about this book. It has perhaps the best shout line ever: 'Sex, drugs... and bug stew?'

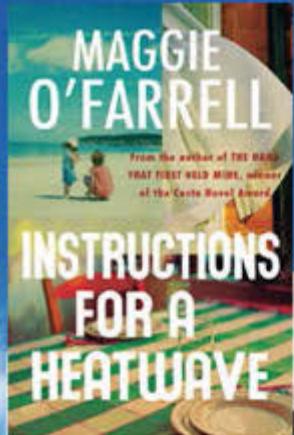
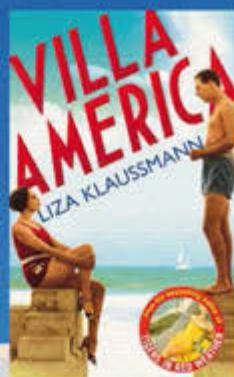
Where: An emotional and fascinating story, which, ironically, I'll be reading from a sunlounger in Marbella.

The Turning Point by Freya North (Harper Collins, £12.99; out June 4th)



ELIZABETH DAY,
JOURNALIST
AND
AUTHOR

I'll be reading... *Villa America* by Liza Klaussmann. It's based on real-life couple Gerald and Sara Murphy, who were wealthy expatriate Americans. Their villa on the French Riviera was the backdrop for a vibrant social scene that included Cole Porter, Ernest Hemingway, F Scott Fitzgerald and Pablo Picasso. **Why:** Mainly because I sat next to someone at lunch who couldn't stop raving about it. **Where:** Now I just need to find a suitably glamorous destination to match the reading matter. *Paradise City* by Elizabeth Day (Bloomsbury, £16.99)



JO WHILEY, DJ, BBC RADIO 2

I'll be reading... *Instructions For A Heatwave* by Maggie O'Farrell. Set in that legendary summer of 1976, in the midst of the great British heatwave, it focuses on the Riordan family, who are brought back together when their father disappears on his way to the shops.

Why: I have a hazy childhood recollection of that summer, so I guess I was drawn to the book partly for nostalgic reasons. It's been around for a while and I've been carrying it in my bag with every good intention to read it, but have so far failed.

Where: We'll be holidaying on a caravan site in Cornwall with a whole bunch of friends. Hopefully we'll be blessed with a heatwave of our own so we can enjoy beach barbecues, crabbing, jumping in the sea and dolphin spotting.



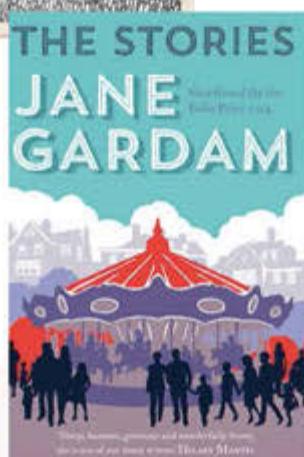
TRACEY THORN, MUSICIAN AND NOVELIST

I'll be reading... *The Stories* by Jane Gardam. She's a writer I only discovered this year, when I read her trilogy of novels, *Old Filth*, *The Man In The Wooden Hat* and *Last Friends*. These short stories will be holiday-perfect (one is

said to be about a mother watching her children on the beach and dreaming of a long-lost lover).

Why: I love her economical wit, emotional insight and the depth of her characters.

Where: I'll read them as I gently frazzle by the pool at a villa just outside Florence, being regularly interrupted by family and friends. *Naked At The Albert Hall* by Tracey Thorn (Virago, £16.99)



FROM TOP:
Couture creations
by Roger Vivier for
Christian Dior; Andria
Chaves' Invisible Shoe

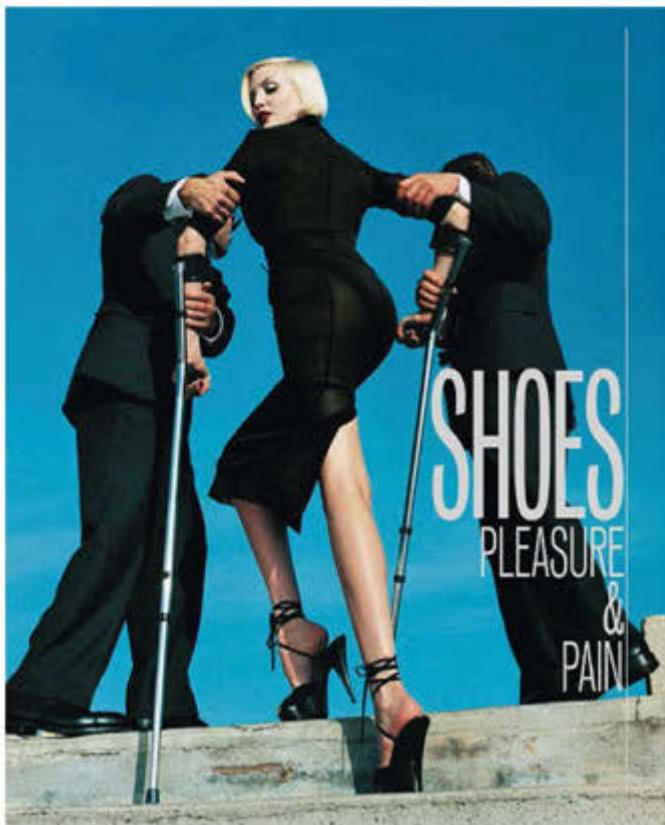


The book features
snapshots from the
studio of 1960s design
icon Mary Quant



FOR YOUR COFFEE TABLE

All about THE shoes



No one does an exhibition quite like the V&A, and the book that accompanies its latest show features some of the most beautiful shoes of all time. In *Shoes: Pleasure and Pain* (V&A Publishing, £30), expect to see iconic creations by big-name designers sitting alongside everyday shoes and cultural pieces.



The book (far left) charts the colourful history of footwear design, from the 1920s (above) to today. LEFT: Sophia Webster's RiRi sandal, designed specially for Rihanna »



HAVE YOU NOTICED DISCOLOURED OR THICKENED NAILS?

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EARLY SIGNS OF A
FUNGAL NAIL INFECTION



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CULTURE

Festivals for THE bookish

Watch the written word come to life this summer at one of our favourite literary festivals

STOKE NEWINGTON LITERARY FESTIVAL

Stoke Newington, London, June 5th-7th; stokenewingtonliteraryfestival.com

IN A NUTSHELL: A mishmash of books, literary speakers, debates, music and food.

DON'T MISS: Tracey Thorn revisits her musical memoir, Owen Jones debates the election, and Polly Vernon, Viv Groskop and co take part in the first feminist literary festival-within-a-festival.

STAY: Just behind the landmark local pub of the same name, rooms at The Rose & Crown boast dressing rooms, a shared rooftop terrace and roll-top baths. *Rooms from £132 per night;* roseandcrownn16.co.uk



FROM TOP: See Viv Groskop at the Stoke Newington Literary Festival; stay at pub with rooms The Rose & Crown

Photographs: Wire Pictures, Rex Features, Getty Images



FROM TOP: Kate Winslet loves a literary festival; a dreamy setting combines with a stellar line-up at Althorp



ALTHORP LITERARY FESTIVAL

Althorp House, Northamptonshire, June 10th-13th; spencerofalthorp.com

IN A NUTSHELL: Four days of literature, talks and events, against the backdrop of one of the UK's loveliest stately homes.

DON'T MISS: Author and *Red* cover girl Sophie Dahl, *Downton Abbey* creator Julian Fellowes and bestseller Marian Keyes.

STAY: Nestled in the quiet village of Ashby St Ledgers, the Olde Coach House comes with rain showers, a pillow menu and a hearty breakfast the next day. **Rooms from £65 per night b&b;** oldecoachhouse.co.uk



BREWIN DOLPHIN BORDERS BOOK FESTIVAL

Harmony Garden, Melrose, Scottish Borders, June 11th-14th; bordersbookfestival.org

IN A NUTSHELL: Set in a beautiful National Trust garden (above), it brings together books, music and food in one picturesque setting.

DON'T MISS: Talks with Andrew Marr and former prime minister Gordon Brown, so-bad-it's-brilliant music from The Really Terrible Orchestra and a special celebratory reading of *Alice In Wonderland*.

STAY: Right in the heart of Melrose, The Townhouse comes with 11 individually designed bedrooms, king-sized beds and ample room. *Rooms from £95 per night;* thetownhousemelrose.co.uk



Hear from Marian Keyes and Sophie Dahl (top) at the Althorp Literary Festival

THE LIST AT Red ONLINE.CO.UK

THIS
MONTH'S
MUST-DOS



NEWS FLASH

ORANGE IS THE ONLY COLOUR

Netflix can do no wrong at the moment, especially as *Orange Is The New Black* returns for a third, deliciously dark series. If you haven't seen the first two yet, now's the time to catch up.

FOR MORE
OF THE BEST
THINGS TO SEE
AND DO THIS
MONTH, VISIT
REDONLINE.
CO.UK

FILM SUMMER BLOCKBUSTERS

Movie-lovers, rejoice. The big screen is awash with big hitters this month. Our tip? *Queen And Country*, starring Callum Turner and Vanessa Kirby (left).



ART

HOT TICKET

Don't miss Tate Britain's new Barbara Hepworth retrospective – featuring the artist and sculptor's most iconic works from the 1920s to the 1960s.

TV

All-star line-up

The second series of *True Detective* features possibly our favourite cast combination ever – Vince Vaughn, Colin Farrell and Rachel McAdams (left). It's TV to stay in for... 

CELEBRITY style watch

Stride into the new season with head-turning summer style



Looking to rethink your wardrobe for the new season? Well, this summer, take a cue from the A-list who are teaming glossy, tousled hair with colourful dresses that make a statement. Rose Byrne and Michelle Monaghan opt for solid, primary colours and red lips, while Caitlin Fitzgerald offsets her strapless boho-print dress with a messy up-do. Rosario Dawson, meanwhile, lets her striking block print do the talking with blue, pink, black and red hues. For something softer, why not take inspiration from Nicole Warne's lemon-yellow number and rainbow clutch. The secret to easy summer style? A pop of colour, whatever shade you fancy. Roll on the warm months.

The final touch

Prep your hair for summer with Pantene Pro-V's new Expert Collection Hydra-Intensify range

HOLIDAY PREP

The age-old issue of frizzy, dry holiday hair can be solved with Pantene Pro-V's Expert Collection Hydra-Intensify range. The new four-step regimen, including Shampoo, Conditioner, Moisture Lock Intense Hydration Masque and Velvet Crème Infusion, uses superior moisture technology to nourish chronic dry hair. Say hello to heavenly locks.

HAIR SAVIOUR

Keep your mane in tip-top shape all summer long with Hydra-Intensify Velvet Crème Infusion. This leave-on serum creates a protective seal to help prevent hair from becoming dehydrated, without weighing it down or leaving it looking greasy. Available exclusively at Boots. Visit pantene.co.uk





EAST

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Fashion

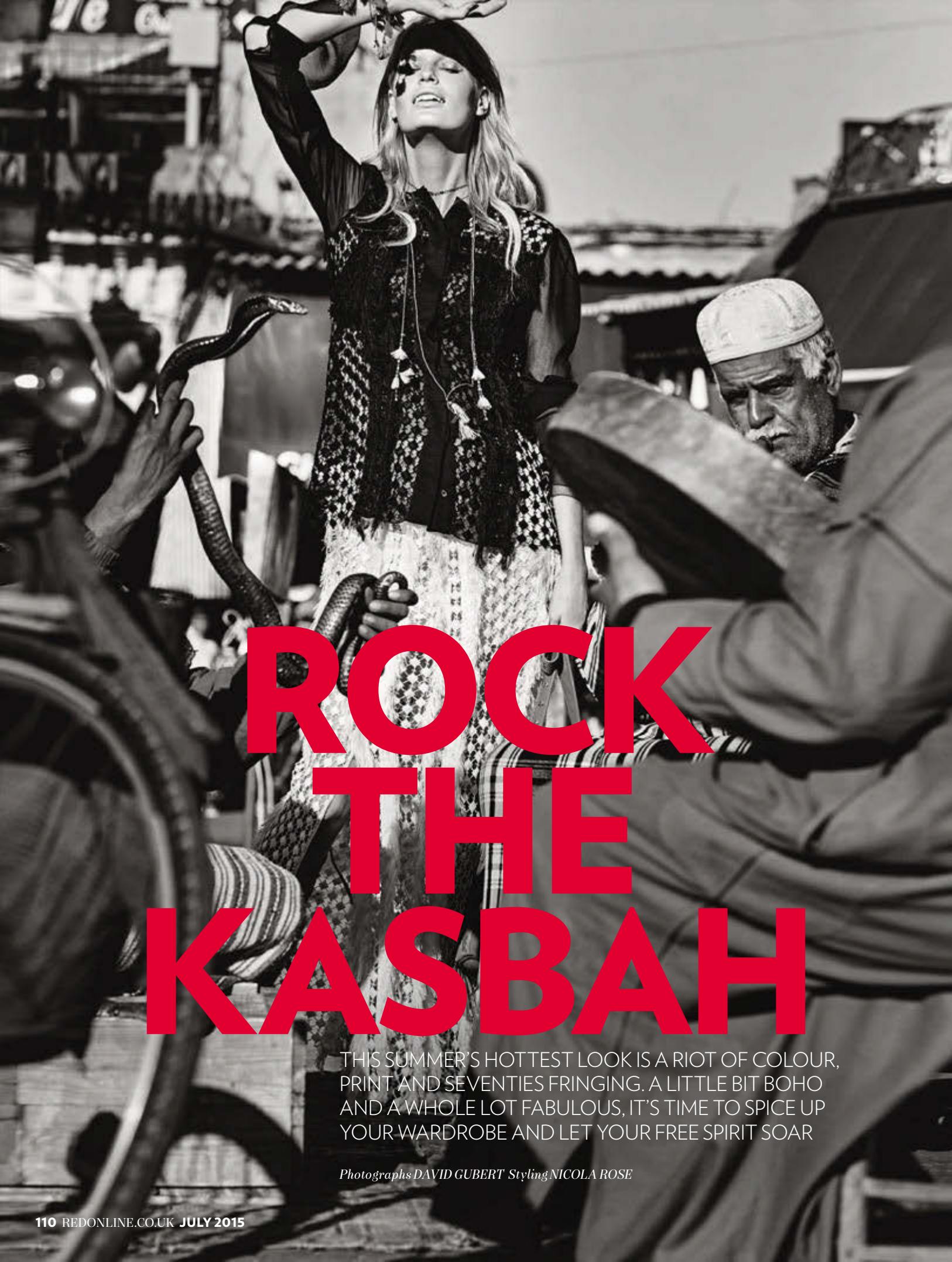
Edited by NICOLA ROSE

Silk dress,
around £916,
Dries Van Noten.
Suede bag,
£305, Maje



TURN
UP THE
HEAT

Suitcases at the ready – this summer's holiday style is all MOOD-BOOSTING prints and RIOTOUS colour. Keeping the spirit UPLIFTED, we also meet *Red* favourite cover star YASMIN LE BON and her daughters... it's a family affair »



ROCK THE KASBAH

THIS SUMMER'S HOTTEST LOOK IS A RIOT OF COLOUR, PRINT AND SEVENTIES FRINGING. A LITTLE BIT BOHO AND A WHOLE LOT FABULOUS, IT'S TIME TO SPICE UP YOUR WARDROBE AND LET YOUR FREE SPIRIT SOAR

Photographs DAVID GUBERT Styling NICOLA ROSE



OPPOSITE:

Make classic monochrome work for summer by choosing pieces in of-the-moment lace and suede

Lace top, £1,565; lace skirt, £1,920, both Chloé. 18ct gold-plated and cotton necklace (top), £160, Isabel Marant. Brass and cotton longer necklace, £72, Dana Levy. Bracelets, from £60 each, from a selection, Dana Levy

THIS PAGE:

A bright poncho is your new beach cover-up. Throw on over bikinis or tailored shorts for instant laid-back, hippie chic

Cotton poncho, £400, Hilfiger Collection. Hat, stylist's own. Necklaces, both as before





The tasseled suede drawstring bag is a bohemian icon. In earthy red, Maje's version adds a touch of luxe to floaty sundresses
Silk dress, £2,195, Stella McCartney. Horn bracelets (far right), £355 for a set of five, Ashley Pittman at Net-A-Porter. All other jewellery, as before. Suede bag, £305, Maje



An oversized shaggy knit is summer's answer to faux fur. Keep colours neutral and play with contrasting fabrics instead for low effort, maximum joy

Cotton-mix cardigan, £379, Day Birger et Mikkelsen. Cotton and viscose vest top, £450, Sonia Rykiel. Silk trousers, £309, Paul Smith. Waxed cotton and marble necklace, £40, Zeus + Dione at Net-A-Porter. Suede bag, £159, Scotch & Soda. Larger bag (behind), stylist's own. Suede boots, £57.99, Minnetonka



A lightweight dress with loose, floaty sleeves will keep you cool while covered up... perfect for shopping in the souks

Viscose dress, £2,850,
Louis Vuitton. Jewellery,
all as before



Stack 'em up and pile 'em high is your one accessory rule this season. Layers of mismatched bangles offset eveningwear staples for long summer nights

Pale grey silk tulle dress, £7,810, Giorgio Armani. Bracelets, all as before



Frida Giannini takes her final bow as Gucci's creative director with a collection that sings of the Seventies. This heavenly embellished minidress is pure glamour with a hefty side of rock chic

Silk and crystal dress, £8,140, Gucci. Jewellery, all as before

Crochet, fringing and flower power collide in Emilio Pucci's dreamy poncho. Unashamedly boho, it's the definition of hippie luxe – and we love it

Cotton and viscose poncho, £2,700, Emilio Pucci. Bracelets, all as before. Enamel ring, £225, IAM by Ileana Makri



Under the direction of new artistic director Julie de Libran, Sonia Rykiel's S/S 15 collection is classic, elegant and cleverly modern; effortless for now and seasons to come

Cotton jacket, £1,180; cotton shorts, £630, both Sonia Rykiel. Jewellery, all as before. Satin and leather bag, £895, Jimmy Choo. Leather shoes, £525, Chloé





A statement maxi dress is more versatile than you think. Add sliders and a raffia shopper for the beach, wedges and a silk blazer for work and strappy metallic heels and layers of jewellery for summer parties

White, blue and green silk dress, £1,220, Just Cavalli. Jewellery; bag, all as before

Freshen up smart stripes with on-trend tribal touches. Think leather gladiators and a suede tassel waistcoat, all in classic shades of tan

Suede waistcoat,
£2,500, Alberta Feretti.

Cashmere bodysuit, £1,320, Chanel. Jewellery, all as before. Leather sandals, £350, Ancient Greek Sandals





**Feminine with a rocky edge –
Isabel Marant's easy cotton
separates will see you gliding
through the sunshine season**

**Cotton top, £320; cotton skirt,
£680; leather shoes, £500, all Isabel
Marant. Hat; Jewellery, all as before**

Model Caroline Winberg at IMG Models.
Hair Christos Kallaniotis at One Represents,
using Kiehl's. Make-up Ashley Ward at One
Represents, using Chanel S 2015 and Chanel
Body Excellence. Stylist's assistant Chloe
Forde. Local production James English
Productions. Location, thanks to El Fenn –
see page 179 for our exclusive reader offer

Yasmin and daughters,
from left, **Amber,**
Saffron and Tallulah,
photographed for
Red in Claridge's

Amber wears: **Cady and lace blazer**, around £1,181; **lace trousers**, around £1,646, both Elie Saab. Saffron wears: **Silk skirt**, £510, MaxMara. **Bra top**; **necklace**, her own. **Embellished velvet shoes**, price on request, Dolce & Gabbana

Yasmin wears: **Silk crepe and pearl dress**, £2,675, Lanvin. **18ct gold and mother-of-pearl ring**, £2,680, Bulgari. Tallulah wears: **Triacetate blazer**, £510, MaxMara. **Cotton trousers**, £260, Stella McCartney at Harvey Nichols. **Leather shoes**, £425, Rupert Sanderson. **T-shirt; bracelet**, her own

HERE COME





THE GIRLS

BEAUTIFUL AND SPIRITED, YASMIN LE BON AND HER THREE DAUGHTERS JOIN *RED* FOR A RARE FAMILY PHOTOSHOOT. SASKA GRAVILLE MEETS THE GANG TO DISCUSS 'BONKERS' DAD SIMON AND WHY A FULL HOUSE MAKES FOR A HAPPY HOME »

Photographs DAVID GUBERT
Styling NICOLA ROSE

t's quite something to be confronted with the full quota of Le Bon women. Just look at them – all four a gorgeous tangle of hair, legs, glowing skin and glorious laughs. Really glorious laughs (but we'll get on to that later).

Gathered by *Red* for their first family photoshoot in a long time (it was 2001 when we last managed to round them up), trying on monogrammed pyjamas and commenting on each other's hair and make-up, supermodel Yasmin Le Bon and her three daughters are whooping like teenagers at their first sleepover.

Red's shoot is perhaps some sort of reunion? An overdue family get-together for a mum and the three daughters she rarely sees? Um, no. 'We're a happy gang,' says Yasmin, 'and our gang gets bigger and bigger.' She's referring to the living arrangements at Casa Le Bon, where Yasmin and her husband of nearly 30 years, Duran Duran's Simon, live with their three daughters, plus various friends, relatives, boyfriends, dogs and cats.

'It's a noisy household,' says Yasmin. 'At the moment, we're eight adults, two cats and three dogs.' Plus Granny in a house at the end of the garden. 'Sometimes I think, this is like a shabby b&b, nobody pays and I can't get on with my life,' she jokes. 'The house is always full.'

Filling this happy home are Amber, 25, Saffron, 23, and Tallulah, 20, plus Saffron's boyfriend, Tallulah's best friend and Yasmin's niece. And it's clear Yasmin wouldn't have it any other way. 'I've obviously enabled all of this,' she smiles. 'These girls weren't born thinking, "We're going to wrap her around our little finger." It's my fault.

'I do worry sometimes that we're all a bit like Siamese twins,' says Yasmin of her crowded house. 'God forbid Simon and I ever want to go out for dinner on our own. It happened the other night and Tallulah turned around and said, "What, without me?"'

Yasmin describes her family life as 'muddled', and it does sound like precisely the sort of glorious messiness that we celebrate at *Red* – working parents with busy schedules, and never quite enough time in the day to get every job done. 'It is a struggle sometimes, but life isn't perfect, is it?' she says. 'It's complete and utter chaos.'

But it does sound fun. Tallulah paints a picture of a typical Le Bon night in: 'Amber's plonking away on the piano, the dogs are barking, Dad's playing guitar, Saffron's singing and Mum's shouting.' She grins. 'There's never any peace and quiet in our house.' 'Dancing, singing and having way too much wine,' agrees her mother. 'Mum and Dad end up partying longer than any of us,' adds Saffron. 'They have cocktails and play backgammon.' It sounds like a riot, no wonder the girls don't want to leave.

Simon can, it seems, sometimes test the patience of the women in his life. 'Dad's as mad as a March hare,' says Tallulah. 'Completely bonkers,' confirms Yasmin. 'He's demanding of time and energy – in a charming way. But he's inherently very funny, which is lucky, because if he wasn't funny, you'd want to batter him.' And a family that

laughs together, stays together. 'It's the key to everything,' says Yasmin. 'We laugh hysterically all day. It's the singularly most important thing I can think of in my life.'

Signed to the books of agency Models 1 when she was 18, Yasmin was only 21 when she married Duran Duran lead singer Simon in 1985, at the time a pop star of Harry Styles-esque megawattage. 'He completely bowled me over,' she remembers. So much so that Yasmin instantly gave up her career to play pop-star wife. 'I decided love was more important than anything, and I was willing to sacrifice anything for it.' That plan lasted nine months. 'Who retires at 21, for God's sake,' she says. 'I finally saw sense and thought, get a grip, get back to work.'

There followed a career that is as buoyant today as it was in 1998, when Yasmin appeared on the cover of *Red*'s second issue ('I was meant to be on the first cover – I was robbed!'). Alongside her fellow first-name supers Christy, Linda, Cindy and Naomi, Yasmin's was one of the faces of the 1980s and 1990s, a strong-browed beauty long before Cara relaunched non-tweezing.

'I married very young and had children very young (Amber was born in 1989, when Yasmin was 25), so I had a damn good reason to work,' she remembers. 'And you don't turn around and forget an industry that's been incredibly good to you. So I carried on working.'

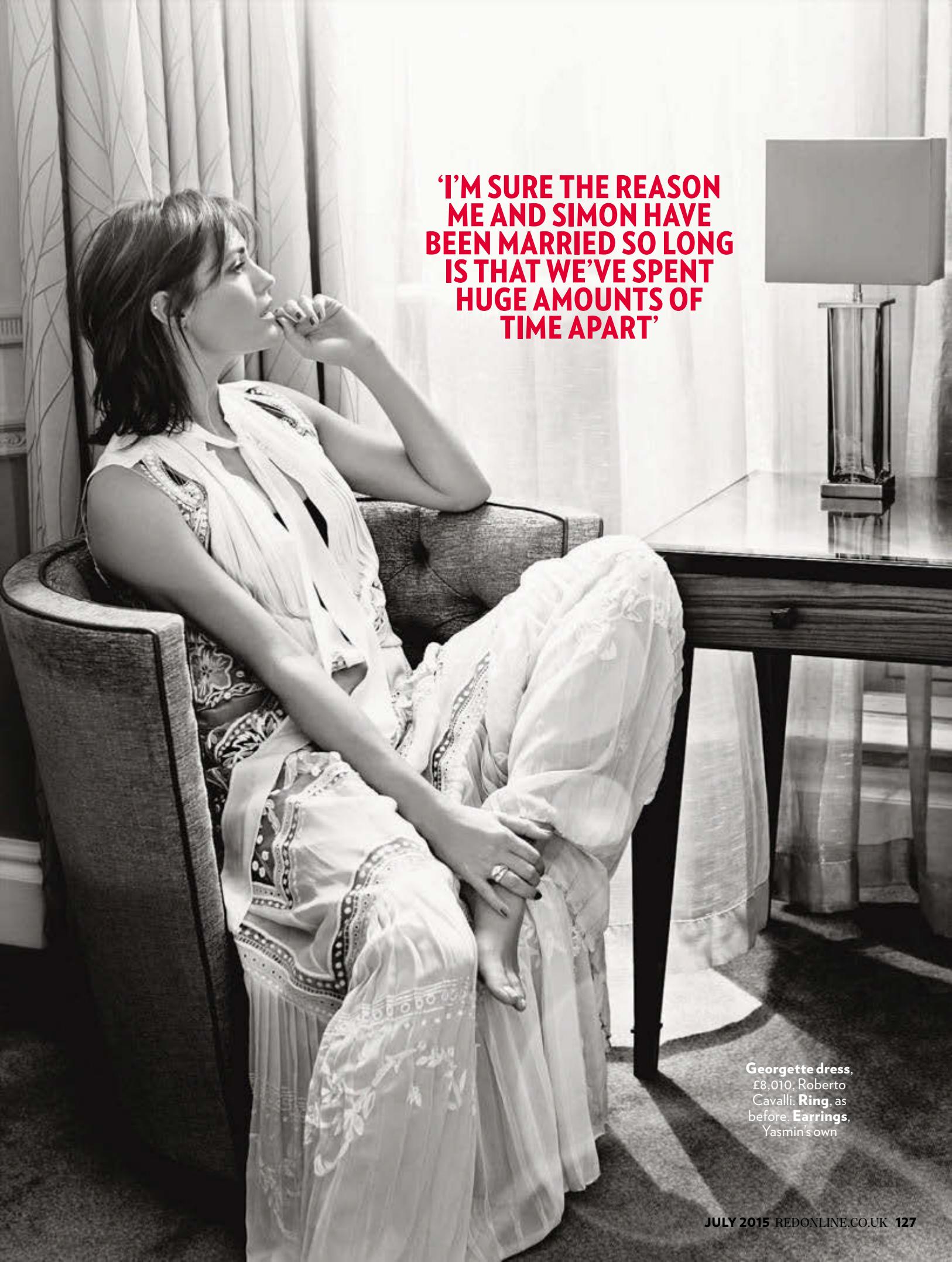
The beautiful supermodel and the charismatic pop star: so far, so familiar. But 30 years of marriage? That's good going by any standards, let alone in a swirl of endless international photoshoots, global stadium tours and the multivarious temptations lurking in both those worlds. 'I'm sure the reason we've been married so long is that we've spent huge amounts of time apart,' admits Yasmin. 'I couldn't possibly have been that young and lived in someone's pocket. I would have murdered him.'

THERE IT IS, A GLIMPSE OF THE STEEL BENEATH YASMIN'S BEAUTIFUL, SMILEY AND, QUITE FRANKLY, UTTERLY NICE PERSONA.

The woman is a realist. 'I was too young, I needed to do things and I needed time on my own; he did, too,' she says. 'What he does is intense, and unless you're doing something [for yourself] on those tours, you'll lose self-respect very quickly. You can support someone, but you have to go off and have your own life.'

This pragmatism extends to Yasmin's emotional outlook. For someone with such a seemingly charmed existence, she is surprisingly frank about a darker side to her rose-tinted life. 'I'm a melancholy person,' she says. 'But melancholy's beautiful; it's not something to be frightened of. It's a very relevant emotion to have. You can't deny all the different emotions – you can spend your whole life denying anger, which I have done, but you can't get rid of it. It's there for a reason, you've just got to learn how to use it.'

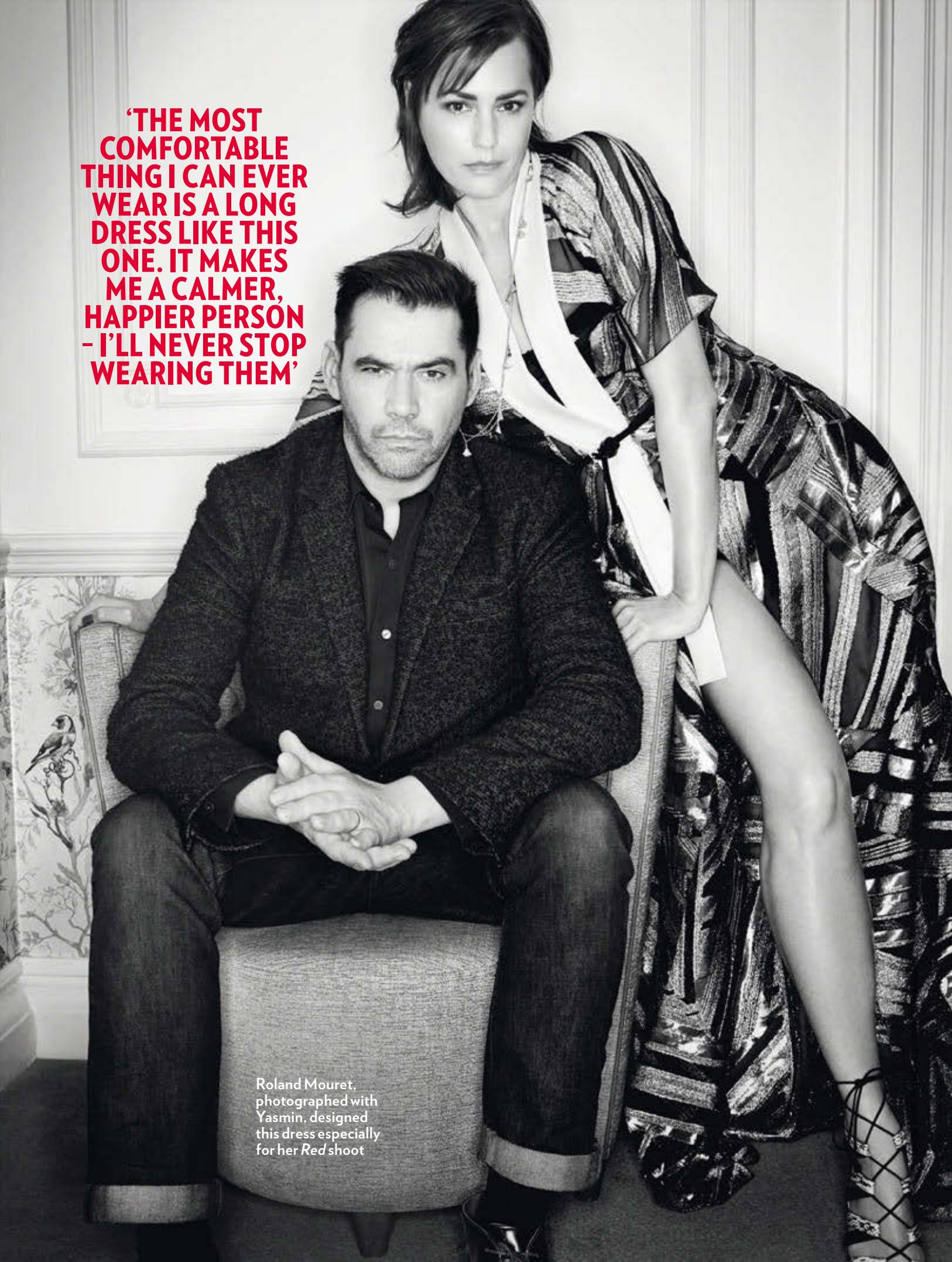
It's rare – and refreshing – to hear someone so successful be so honest about the shadows in their world. 'I have had real depression,' she says. 'It's a running battle every day and I've worked very hard at it. I'm in ➤



**I'M SURE THE REASON
ME AND SIMON HAVE
BEEN MARRIED SO LONG
IS THAT WE'VE SPENT
HUGE AMOUNTS OF
TIME APART'**

Georgette dress,
£8,010, Roberto
Cavalli. **Ring**, as
before. **Earrings**,
Yasmin's own

**'THE MOST
COMFORTABLE
THING I CAN EVER
WEAR IS A LONG
DRESS LIKE THIS
ONE. IT MAKES
ME A CALMER,
HAPPIER PERSON
- I'LL NEVER STOP
WEARING THEM'**



Roland Mouret,
photographed with
Yasmin, designed
this dress especially
for her *Red* shoot



Lurex dress, price on request, Roland Mouret.

18ct rose gold, mother-of-pearl and pavé diamond necklace, £8,800, Bulgari. Suede and leather shoes, £695, Paul Andrew ➤

control of it but it's there all the time. I'm not frightened of it any more, I can talk about it. That beast is not going to rear her ugly head today, I'm just not going to let her.'

LISTENING TO HER, IT'S CLEAR THIS IS SOMETHING YASMIN HAS LIVED WITH FOR A LONG TIME,

and learned how to manage in her own way. 'When depression lasts for months, that's serious,' she says. 'If that's happening then you need to seek proper help.' For herself, she has never gone down the antidepressant route, but trusted that the darkness will come to an end. 'You've got to know you are going to get out of it. It may take time, but you will,' she says. 'I haven't [taken medication] but I would if I felt myself really on the edge and needed extra help. If your body's not producing what it should be, then there's nothing you're going to be able to do about it. We have the science, knowledge and understanding to put it right. You're not a failure, it's an illness.'

Her candidness is a reminder none of us is immune to the scourge of mental illness. 'It doesn't matter how lucky you have been in your life and how much love is surrounding you,' says Yasmin. 'You talk yourself into a dark hole and it's incredibly bleak. You are completely on your own in those moments.'

Possibly it's this acceptance of life's peaks and troughs that has made Yasmin so adept at managing the Le Bon empire, and all its craziness. 'Life isn't all roses,' she says, a lesson to all of us who might look at her and her beautiful brood, and think their world is endlessly sweet. Yasmin rolls her eyes. 'I'm as guilty as the next person of looking at other people's lives and thinking they're sorted. But people only need to come to my house... it's terrible.'

'I look at houses in magazines and can't understand why you can't see any of the wires. I'm obsessed. You can see every wire in my home, it's like spaghetti junction. And let's not talk about the dog pee,' she laughs. 'All I can say is, what was a cream carpet now looks very on-trend tie-dye. And my curtains are very "dog-pee ombre".'

As Yasmin surveys her three grown-up daughters, two of them working (Amber as a model, and Tallulah as a model agent) and one still studying (Saffron is at music college), how does she feel about a time when they will – eventually – leave home? 'I still can't quite get to grips with the idea of them all not being there,' she says. 'I know it's coming and it will be great for them, but I'll hate to be rattling around in the house.'

Will she distract herself with launching her own business? Does she have a make-up line up her sleeve, or a fragrance? 'Everybody's so obsessed with being busy and with that being a sign of success,' she says. 'No, I'm not an entrepreneur. I'm not going to start a global company. Honestly, why would I want to at this stage in my life?'

As it is, her day job is still keeping her busy. Yasmin seems surprised at her career longevity. 'I don't have the rock 'n' roll legs I used to,' she laughs. (We beg to differ.) 'I love fashion, but my body's changed shape so there are certain silhouettes that don't work for me any more.'

Pay no attention to her, she still has it – in spades. Just ask designer Roland Mouret, who drops into *Red*'s shoot to deliver a dress he has designed for Yasmin to wear.

'It's an incredible thing to watch your designs be transformed into something so much bigger when worn by a figure like Yasmin,' says Mouret. 'She wears a dress with such confidence and brings such power to the images.'

'She's a strong woman, inside and out,' he says. 'She never let the fashion industry change her, and has stayed true to herself throughout her incredible career, which makes her an absolute pleasure to work with.'

'Roland is the best at grown-up glamour,' says Yasmin, as she drapes herself around the handsome Frenchman for our photographs. 'The most comfortable thing I can ever wear is a long dress like this one. It makes me a calmer, happier person – I'll never stop wearing them.'

Alongside her modelling, Yasmin is also ready and waiting for her next life adventure, whatever it may be.

'I will not grow old gracefully,' she says. 'It will be disgraceful.' Whether that's multiple ear piercings – 'last summer's midlife crisis!' – or planning a holiday of wild-water swimming in France with Saffron, Yasmin is preparing for new experiences.

'It's difficult when you've spent so much of your life behaving a certain way,' she says. 'But I've had to change because my family's grown up. Now, I'm open to adventures. I want to go hiking in Chile, discover more of Europe... Who knows, the world's my oyster.'

For the time being, this is one family that still delights in each other's company. Not just that, Yasmin's daughters are lovingly besotted with their mum. 'We're so proud of her,' says Amber. 'Walking into a room with her is amazing; people's eyes are just drawn to her. She's got this character and charisma, and you can't take your eyes off her. She's really something quite special.'

'What can I say to that?' says a clearly moved Yasmin, on hearing this. 'I just try very hard to be a good person, that's what matters to me. There's so much shit in this world and we are so lucky, so the least we can do is be kind and have some grace.'

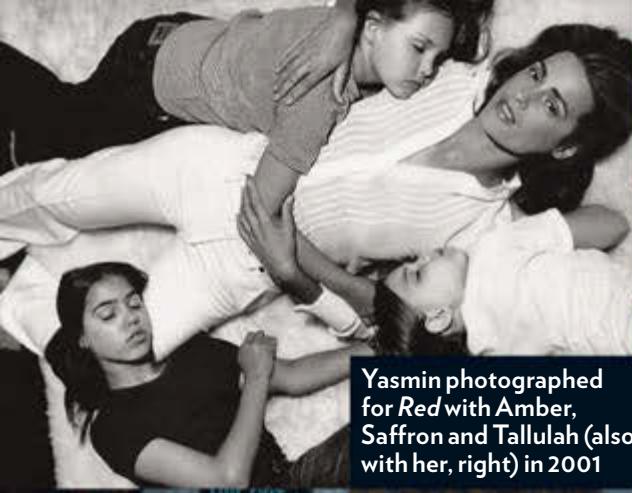
Grace, pragmatism and a hell of a lot of

laughter: sounds like a recipe for a very happy home. Those girls aren't going to leave home anytime soon – and who can blame them? 

Yasmin Le Bon chooses her personal beauty hits (and misses), and reveals her secrets for teen-looking skin at REDONLINE.CO.UK

Hair Ben Cooke at Frank Agency for Lockhorego Salon, using Herbal Essences. Make-up Ashley Ward at One Represents, using Chanel S 2015 and Chanel Body Excellence. Nails Glenis Baptiste at Carol Hayes for Parfums Christian Dior, using Dior Manicure Collection and Dior Capture Hand Cream. Location thanks to Claridge's. Stylist's assistant Chloe Forde. Additional reporting Annabel Meggeson. Additional reporting Chloe Forde. For stockist details, see the Directory

'I'M AS GUILTY AS THE NEXT PERSON OF LOOKING AT OTHER PEOPLE'S LIVES AND THINKING THEY'RE SORTED'



Yasmin photographed for *Red* with Amber, Saffron and Tallulah (also with her, right) in 2001



On the Azzedine Alaïa catwalk in 1987



LEFT: Yasmin and Simon at a Thompson Twins party in 1984 RIGHT: With Amber, Tallulah and Saffron at the Polo World Cup in 2002



Yasmin and Amber on the Fashion For Relief Haiti catwalk in 2010
RIGHT: With Naomi Campbell in 2009



Yasmin and Simon at the 2014 Royal Academy Summer Exhibition

NEW HORIZONS

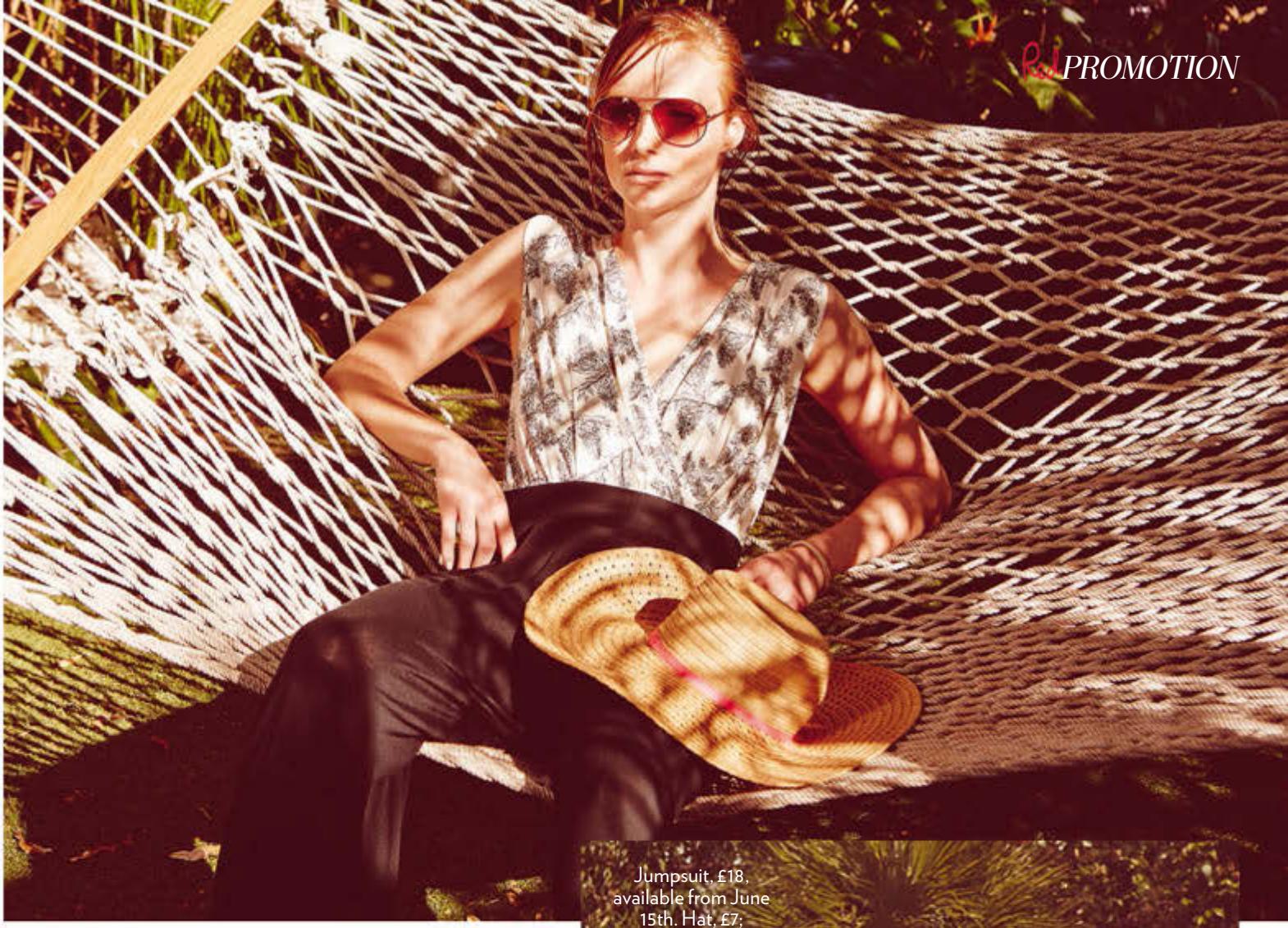
Oriental prints, rich, spicy shades and heady florals – holiday dressing just got hotter with the high-summer collection from George at Asda. Grab your shades and let's go

Kimono blazer, £16;
blouse, £14; shorts,
£12, all available from
June 15th. Sandals,
£14, available from
June 28th

Taking inspiration from the latest catwalk trends, and style notes from around the globe, George at Asda has everything you need to ace summer dressing. Explore the collection (available from June 15th) in store and at george.com



Red PROMOTION



Jumpsuit, £18.
available from June
15th. Hat, £7;
sunglasses, £3.50

Tunic, £12, available
from June 15th.
Cropped trousers,
£14, available from
June 14th

Dress, £18 available
from June 15th.
Sunglasses, £3.50



George.

Exclusively at ASDA

#FASHION UNEXPECTED



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Barbara Palvin wears 104 Mafia Gloss.

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FOR A PERFECT POUT. OUR HIGHEST LEVEL OF SHINE
FOR A MEGA GLOSSY LOOK, NO STICKINESS.

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L'ORÉAL
MAKEUP DESIGNER/PARIS

Beauty'

Edited by ANNABEL MEGGESON

SUMMER IN A COMPACT

Skin craving a shot of warmth, but still too pale for a full-on bronzer? A sweep of Guerlain's foolproof healthy-glow powder delivers subtle, complexion-lifting colour – what the French call 'bonne mine' – without fear of looking caked. And if/when your natural tan does kick in, these are great when a normal powder could look ashy. They're also useful for creating contours on sun-kissed skin. In essence: a make-up-bag staple you'll use all summer long. ■

Guerlain Terracotta Joli Teint Healthy Glow Powder in 00, 01, 02 and 03, £35.50 each

For our edit of the best face sunscreens, go to REDONLINE.CO.UK

A woman with blonde hair is lying on a light-colored sun lounger. She is looking up at the camera with a relaxed expression, her hands resting behind her head. She is wearing a small, ornate gold earring. The background is a bright, sandy outdoor area.

SUN SENSE

THE SAVVY GUIDE TO *sunbathing*

Sunbathing may be the biggest health and beauty sin, but this summer thousands of us will be tempted to turn a blind eye in favour of sun-kissed skin. If you're going to do it, then at least do it right, says Alice du Parcq



At 9.20am, the terrace outside our holiday house in the French Alps is still in the mountains' shade. But I'm there, on my garden chair, straps down, hair up, hands splayed, greased up to the eyeballs in SPF (we'll get to numbers later), chin up, arms out, feet en pointe. I know, after years of sitting in that spot, that in exactly two minutes my whole world will be flooded with sunshine. And when it comes, oh boy. It is pure, soul-lifting, unicorns-sprinkling-golden-shimmer-all-over-me joy.

I am all about le soleil. At 9.22am every fibre, every nerve ending electrifies into action. My lungs fill with fresh, warm air like they've been shrivelled up for months; the hairs on my arms prickle like rows of dried-up sunflowers stretching for life.

I'm not just here for the hedonistic high. I want a tan. There, I said it. I want my horrid, raw-turkey skin to ➤

“
I. Love. Sunbathing.
And I TRULY
believe there is an
INDULGENT and
realistic way to
do it SAFELY
”

HOW TO PROTECT YOUR HAIR IN (AND AFTER) THE SUN

THE SPF
Comb
Redken
Colour
Extend Sun
Take Cover
SPF25 Mousse
 (£14.30) through
hair before you hit
the lounger to stop
your scalp from
burning and your
colour from fading.

THE STYLER
Top up
your UV
protection
throughout
the day
with **Dove**
Youthful Vitality
Hair BB Cream
 (£6.99), which has
sun filters as well as
nourishing proteins
to de-frizz and
define tousles.

THE MASK
Post-
holiday, use
Tresemme's
protein-rich Keratin
Smooth Deep
Treatment Masque
 (£5.50) once a week
to put silkiness
back into sun-
exposed strands.

marinate and caramelise into the perfect shade of toffee. The kind of toffee that boosts my confidence, makes my feet look slimmer, my eyes bluer and my upper arms acceptably bare in public. I. Love. Sunbathing. And I truly believe there is an indulgent and realistic way to do it safely – without frying or wearing a burkini.

Baking bad

Apparently my tan-love puts me on the naughty step, especially because I'm a beauty journalist with a degree in anatomy and physiology. On a weekly basis I am told by dermatologists that UV causes 90% of skin ageing. I am emailed about mole checks, hyperpigmentation and potions for saggy, sun-ravaged decolletages to bully me into writing articles about never going in the sun.

For goodness' sake, my husband diagnoses cancer for a living. I get it. I do. I know sunburn is disgusting and skin cancer is horrifying. So why am I still out on my terrace? For the same reasons that, when the skincare brand La Roche-Posay conducted a recent sun-awareness survey, 94% of respondents understood exposure caused health problems, but just 12% protected their skin. We do it because it feels so damn good, and it makes us so very happy.

Plus, the sun is diagnostically good for you. According to the *BMJ (British Medical Journal)*, 50% of the UK's adult population is deficient in vitamin D, which is vital to our wellbeing. Indeed, in last month's *Red*, we revealed experts are recommending 15 minutes of regular sun exposure without any protection at all, not least as recent ground-breaking research has revealed some UV exposure can help lower blood pressure and the risk of heart attack. 'Sun exposure also increases the production of vitamin D, which is

essential for good health,' says Dr Marko Lens, a surgeon specialising in skin ageing. 'Not only does it strengthen bones and muscles, vitamin D reduces the risk of chronic diseases such as diabetes and multiple sclerosis, and even lowers cancer risk and boosts immunity.'

Sun direction

Perhaps my step is not so naughty after all. The thing is, I don't spend hours frying until it hurts to put my bra straps on. Burning is, unquestionably, the most déclassé and dangerous mistake. The way I sunbathe is reasonable: SPF30 for the first week, then 15 afterwards.

And timings are crucial. I start with an intense 90-minute morning dose on the terrace, but I'm stringently in the shade from 11am until 3pm, a slot far too hazardous for languorous sunlounging. After that, it's down to the beach until 6pm, with regular shaded cool-downs, swims and abundant SPF reapplications.

It's been like that since my twenties, when summers in France meant one thing: Opération Bronzage Intense. My cousins and I would methodically rotate like the chickens in the local rotisserie, never letting a side get too much sun. Now my sister-in-law and tanning buddy Phoebe, 37, joins us every July. 'Watching my skin turn from Tiffany blue to chocolate, via fawn, caramel and coffee, makes me happy,' she says.

Patience rewards us with expensive-looking, even suntans; not that peeling yacht-varnish effect so many sun-starved Brits are prone to – you know, where you get overexcited on day one, haphazardly slap on SPF15 and furiously bake to achieve a pinkish 'base tan': it never allows for a smooth colour thereafter, plus it leads to untold damage. No, gentle, elegant suntanning is a long game.

But while it is possible to tan safely, don't expect to completely get away with it. In the past four years I've noticed splodges of freckles where once was a scatter, and permanent fine lines on my forehead. Whether »





that's down to a particularly intense Opération Bronzage or a culmination over the years, it was the warning I needed to begin rigorous prep work. Those scaremongering emails and dermatologists taught me, paradoxically, that by strengthening the skin's barrier functions and collagen network, the tanning process might be more efficient and steady, and thus the skin less likely to get damaged.

So eight weeks before leaving I now use Décleor Aromessence Solaire Face Oil Serum (£44) – it strengthens and nourishes, and stimulates melanin production so skin isn't so 'shocked' when exposed to UV. I take a daily Imedeen Tan Optimizer tablet (£48.96 for 60; the antioxidants fortify cells against UV stress), and I switch from normal toner to Clinique Clarifying Lotion (£16.50) after every cleanse. It's an

exfoliating tonic containing salicylic acid, which unclogs pores and encourages healthy cell activity.

Nutritional therapist Gabriela Peacock suggests a dietary boost, too. 'Increase your intake of essential fatty acids (EFAs), especially omega-3 fats, via oily fish, walnuts and flaxseeds,' she says. 'EFAs are essential because the body cannot make them on its own, and they radically improve collagen production and the resilience of individual cells.'

I've also just found out about a niche product called UVO Sun Protective Drink, which London cosmetic dermatologist Dr Sam Bunting discovered at this year's American Academy of Dermatology convention in San Francisco. 'It's a drink that contains high-potency plant nutrients such as polypodium leucotomos and lycopene, for enhanced defence against the sun,' she tells me. It's early days for this new product, but essentially it's promising UV shielding 'from the inside out'. You drink a bottle one hour before going in the sun and while it doesn't replace sunscreen, it creates a protective surge.

On holiday, my SPF brands of choice are Sisley Paris, Clarins and Hawaiian Tropic. Application is done ceremoniously after my morning shower and before getting dressed (no red edges, thank you), and reapplication comes with a 15-minute break in the shade to allow it to sink in.

Sun downer

I don't want to think about after the holiday, because it's so depressing. But I do have one cardinal rule. Moisture, moisture, moisture is my mantra, because I've worked damn hard for that toffee glow and there's no way I'm letting it shed off and fade away. A new megacream out in July is Clinique Dramatically Different Moisturising Cream (£30; created for parched skin), and I'll be practically drinking it morning and night.

But that's in forever. Right now, I'm back on the terrace; it's 10.15am, and I can feel my bones getting warm. Every molecule in my body sighs with delicious happiness. Time to reapply and ponder those most wonderful holiday dilemmas: what's for lunch, and when to crack open the rosé? ☺

For our favourite ways to fake it, the best self-tanners are at **REDONLINE.CO.UK**

5 BEST... NEW SUN CREAMS



FOR FACE:
Clarins UV Plus Anti-Pollution Day Screen SPF50 (£32) is a lightweight full block that's perfect for when faces are fully exposed to sunlight.



BY THE POOL:
Shiseido Wet Force Expert Sun Ageing Protection Lotion SPF50+ (£32) is more powerful when wet, as its negative ions attract minerals in water to create a 'seal' over the skin.



HOLIDAY ESSENTIAL:
Sisley Paris' iconic sunscreen now comes in a couldn't-be-easier-to-apply spray – Milky Body Mist SPF30 (£83) – and Silky Body Oil SPF15 (£83). Brilliant.



EXTRA GLEAM:
Piz Buin Instant Glow Skin Illuminating Sun Spray SPF15 (£16.99) provides a pretty gleam that's flattering and slimming, as well as UV protection.



FOR OIL LOVERS:
Institut Esthederm Sun Care Oil (£42.50). For use in 'strong' or 'medium' sun, it protects and moisturises, making skin look goddess-like.



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PARIS

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Moussant
à l'amande de coton
Peaux normales ou mixtes

Gentle Foaming
Cleanser
With cottonseed
Normal or combination skin

CLARINS
PARIS

Multi-Régénérante Jour
Crème lift anti-rides - Toutes peaux
Extra-Firming Day
Wrinkle lifting cream - All skin types

Natural beauty

Plants have been at the heart of Clarins products for over 60 years and continue to inspire its pioneering innovations for beautiful skin

Not many of us are blessed with naturally luminous, youthful skin. But with a little encouragement from the powers of nature, we can certainly give it a helping hand.

Clarins, the number-one premium skincare brand in the UK, has always used nature and the plant world as an infinite source of inspiration and innovation. Incorporating what is known as biomimicry, the scientists at Clarins study the plants carefully and then extract the right active ingredients to act just where needed.

'The scientists at Clarins study the plants carefully and then extract the right active ingredients to act just where needed'

The result is pioneering skincare that delivers results you can see every day.

It begins with perfectly cleansed skin, using Clarins Gentle Foaming Cleanser with Cottonseed. Ideal for normal or combination skin, the soothing ingredients work to respect and preserve the skin's natural moisture balance.

Then there's Extra-Firming Day Wrinkle Lifting Cream – a true breakthrough in targeting skin firmness. With multiple international accolades, this bestseller includes plant extracts to strengthen skin cells and fibres. Skin is immediately lifted and, consequently, the appearance of wrinkles seems reduced.

Of course, Clarins Face Treatment Oils remain at the heart of the range – a timeless reminder that potent plant extracts are unequalled at rebalancing



'Clarins Face Treatment Oils are a timeless reminder that potent plant extracts are unequalled at rebalancing the skin'

the skin. Their aromas, too, have always had a unique therapeutic effect on our wellbeing. To revitalise dehydrated skin, Blue Orchid Face Treatment Oil can be applied after toner at night, while you breathe in its beautiful scent. Known to restore radiance, softness and suppleness, it is recognised for its emollient properties, while additional ingredients patchouli stimulates and rosewood adds relaxing and soothing benefits.

BUY A DAY OR NIGHT CREAM at your nearest Clarins counter during the 'Plants. Our science' activity and receive a complimentary luxury kit with super travel sizes of the corresponding serum and the iconic Beauty Flash Balm, plus seed paper to grow at home. *For more information and to find your nearest stockist, visit clarins.co.uk or call 0800 036 3558.*



Spawax



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COLOUR CRUSH

When make-up dazzles in bright and breezy shades, you know summer beauty has arrived

Sun-washed gold

Giorgio Armani
Maestro Liquid Summer Bronzer SPF15, £39.50

Michael Kors
Hydrating Bronze Gel Crème in Permanent Vacation, £25

Tom Ford Sheer Lip Colour in Skinny Dip, £37

Estée Lauder
Bronze Goddess Illuminating Powder Gelée, £32

Cool aqua

Dior
Diorshow Kohl in 379, £19.50

Kiko Cream Crush Lasting Colour Eyeshadow in 15, £6.90

Tom Ford Fleur de Portofino EDP, £142 for 50ml

Guerlain My Terracotta Bronzing Powder in Natural Bronze, £37.50

Rimmel London
60 Seconds Super Shine Nail Polish in Green with Envy, £2.99

Crème de la Mer Blue Heart Moisturising Cream, £300

YSL Full Metal Shadow in Wet Blue, £21.35

Hot coral

Bourjois
La Laque in Orange Outrant, £6.49

Bobbi Brown
Calypso Cheek Palette, £34

BareMinerals Pop of Passion Blush Balm in Papaya Passion, £20

Clinique
Pop Lip Colour + Primer in Poppy Pop, £16

The Body Shop
Vitamin C Instant Glow Enhancer, £14

Elizabeth Arden
Beautiful Colour Luminous Lip Gloss in Coral Pearl, £28 for a set of three

Chanel Les Beiges Healthy Glow Sheer Colour Stick in Blush No. 22, £32

For more of the best summer make-up, see REDONLINE.CO.UK

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THE BEAUTY AGENDA

DO I LOOK LIKE I'VE HAD fillers?

They've got a bad reputation, but how can you judge dermal fillers – and the women who use them – if you haven't seen the full picture, asks Annabel Meggeson

Photograph DAVID BROOK

Fillers. They're a dirty word, aren't they? Carrying more stigma than Botox, lasers and maybe even face-lifts, there's something about fillers that uniquely conjures the vanity-cum-desperation we normally try to hide.

More than any other procedure in the non-surgical rejuvenation category, those needles full of hyaluronic acid can distort our facial contours in a way that practically shouts, 'I've had something done.' I'm so insecure, they seem to say, that I'm prepared to change the very lines of my face.

Fillers notoriously create pillow cheeks, trout pouts, man chins and all sorts of other distortions the human eye interprets as 'wrong'. So why am I taking the train all the way from London to Alderley Edge to get myself injected?

In a nutshell: fillers can be *good*. I first had them three years ago and while I wasn't entirely happy with the result, it gave me first-hand insight into the potential positives as well as the pitfalls.

The pitfalls: they are very, very difficult to get right. I've seen experienced surgeons break sweat as they manipulate the dense gel into place, avoiding nerves and



arteries and working swiftly to ensure it settles in exactly the right spot. They can go lumpy and, of course, they can make you look strange. A popular stance at the moment is that fillers make you 'look different, not younger'.

Done well, though, they can create 'an objective softening and beautification in a completely unnoticeable manner,' says Dr Jonquille Chantrey, a plastic surgeon and international key opinion leader for Allergan (the company that makes a popular brand of filler Juvéderm, as well as Botox).

Our meeting is to discuss Allergan's latest findings around women's attitudes towards injectables – in essence, we're worried about cost, lack of information and unpredictable results, but over half of us have started to 'think about Botox and fillers in a more serious way' – but I'm soon steering the conversation around to my face.

'It's not about filling wrinkles,' says Dr Chantrey, who treats everyone from full-time mums to famous actresses. 'It's about delicate tweaks to improve volume and adjust symmetry.' Personally, I'm conscious of a loss of volume and general diminishment of my face. It's not extreme, but I'm definitely at that stage where doing »

BEAUTY

something has become a matter of priority. Where, I wonder, would she inject?

My temples, the flat areas either side of my nose and my chin, it turns out; and when, in the mirror later on, I prod and lift to mimic the effects, somehow it all makes sense.

Remember, I've done a lot of research and rumination, alongside the rather rudimentary protocol of my own 'finger face-lift'. I know that fillers can be used in tiny amounts to perform subtle but crucial changes.

For example, our cupid's bow flattens with age; by shortening it just a millimetre or so with 0.1ml of filler (I'm hazarding amounts, but you get the drift), you can play the most wonderful trick on the eye. One colleague had the minutest amount of filler injected just below her eyebrows.

'Great injectables are like a great BRA – you can't see them but they PROP everything up'

As you lose bone density and your temples flatten, so can your brow; her drop of Voluma opened them up again.

That's only the start. In the right hands, this stuff is miraculous. I always think of the portrait artist who makes micro-adjustments with her brush so you can't quite work out why you look just like you, only better.

THE BIG FILL

In Alderley Edge, the cab drops me off at Dr Chantrey's clinic, discreetly housed in a pretty terrace. I get an application of really strong anaesthetic cream, as 'I don't believe my patients need to feel any pain', and half an hour later I'm reclining in her sleek office awaiting the needle.

She makes me look in the mirror and we chat again at length, with me pointing out the things I like and don't like about my face. What do I do to make myself look younger, she asks. 'She knows about the finger face-lift!' I think, and hoick up each side of my face between fingers and thumb.

I'm pleasantly intrigued that she's taking note of my own perceptions and expectations, as well as her own. Add to that the photos she's taken of my face, plus the long chat we had in London, and this is the most thorough consultation I've ever had – and the opposite of a quick lunchtime fix.

'Many of my clients arrive extremely well prepared having done extensive research and really thought about what they're doing,' Dr Chantrey says. 'Without fail, they all want to look normal and not treated, but less tired and more lifted. Really, it's not as easy as it sounds.'



She pulls on her gloves and in reverential silence we begin. Fillers are injected deep into my temples, 'feathered' down my cheekbones and manoeuvred into the flat areas either side of my nose via a cannula. Some more goes into my chin. Tiny amounts of Botox are then applied to my forehead, nose and around my eyes.

The needle hits a nerve in my chin, but other than that the procedure is pain-free. Unnerving – I do lots of deep breathing – but pretty much pain-free.

Once it's all settled – it takes about a week for my face to feel 'familiar' again – the overall effect is of a (welcome) freshening and de-crumpling. My face looks more open, lifted – there's less to hike up, no question – and less tired. Yet, as far as I'm concerned, I still look like myself.

I'm normally coy about admitting I've had anything done (my boyfriend has threatened to leave me if I do), but there's a thrill in defying popular perception. I breezily mention the fillers; people look confused and ask, 'Where?'

A NEW ATTITUDE

My punchline on the whole experience is this: great injectables are like a great bra – you can't see them but they prop everything up. Gently done, they can help hold back the hands of time, not by re-creating the face you had five years ago, but by helping the one you have in five years' time to not look too different.

I'd add that while I set out to reinvestigate fillers, the Botox was inevitable. Most good doctors use both in tandem – especially when you get to around my age, which we'll call (very) late thirtysomething.

Actually, they go rather well with IPL lasering, too, and great skincare and a nice haircut, the point being injectables are not the black-and-white issue that provokes so much disingenuous tub-thumping in the press and on social media. They're part of a holistic approach to beauty.

I love Cindy Crawford's no-nonsense take: 'Past a certain age, creams work on the texture of your skin, but in order to restore elasticity, all I can really count on is Botox and dermal fillers.' Indeed. Half a mil of filler and a sprinkle of Botox expertly scattered around the face is a judicious move in the wonderful and wide arena of beautification and can no more be judged (nor, ideally, noticed) than an application of expensive moisturiser.

Except when you put yourself up for a feature in a magazine, of course. I know I'll be ruffling a few feathers and I know you'll be judging that picture. But I asked for it.

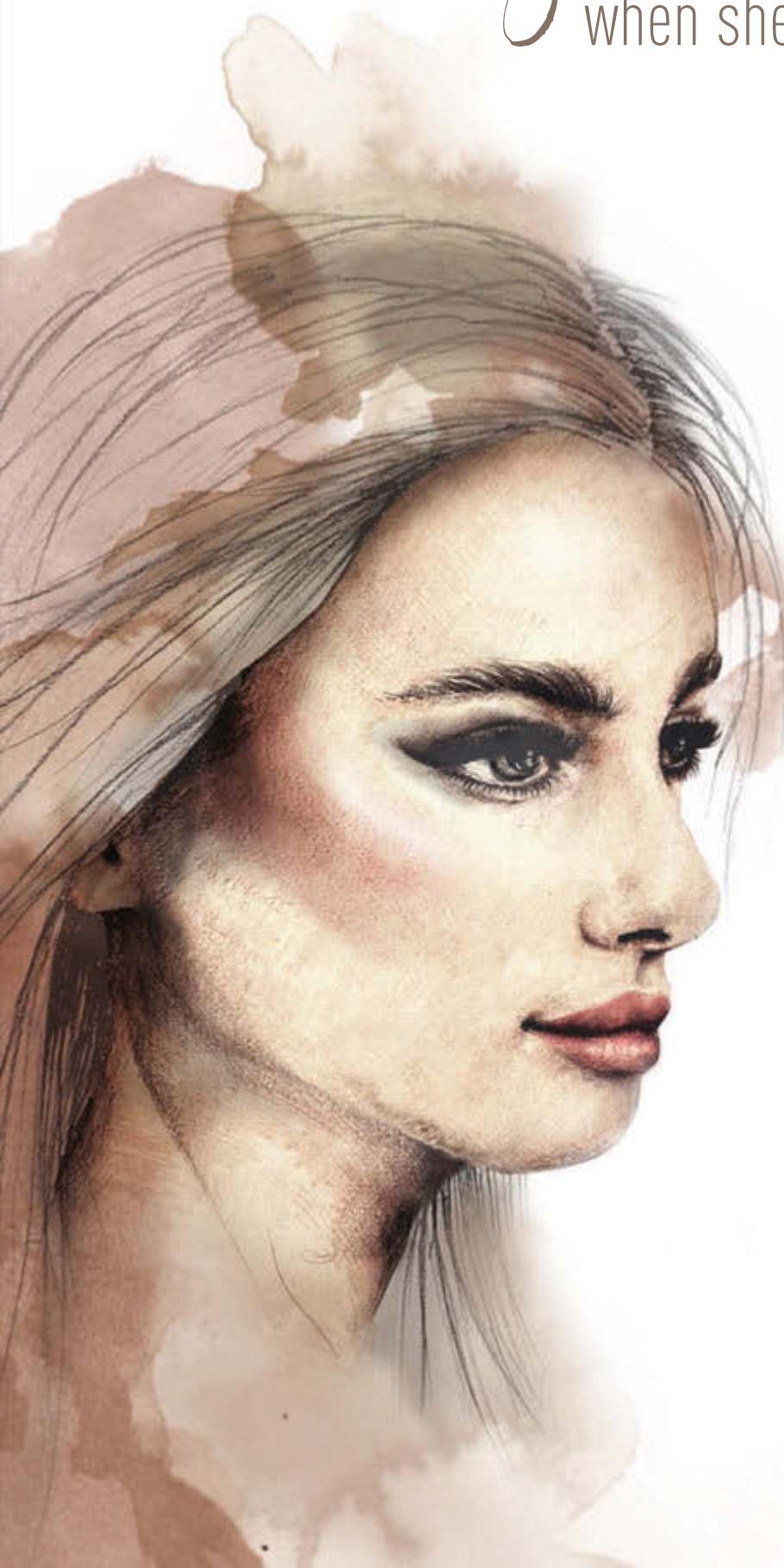
So... Do I look like I've had fillers? Answers on a postcard – not Twitter – please.

Fillers with Dr Jonquille Chantrey, from £350; 07412 532637

For more beauty insight and opinion, go to REDONLINE.CO.UK

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This month, *Red* readers can enjoy a 20% discount off the entire range at renskincare.com, including the new Moroccan Rose Gold Glow Perfect Dry Oil (centre, right) – a silky, lightweight dry oil that will leave skin deeply hydrated, with a subtle glow. The latest addition to REN's award-winning Moroccan Rose range, it's blended with revered rosa damascena oil harvested in the Atlas Mountains to capture the fleeting beauty of the rose.

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SPOTLIGHT

Bella IN A BOTTLE

When Bella Freud commissioned an eponymous addition to her fragrance range, she had no idea how candidly the scent would reveal her personality

If you want to know what designer Bella Freud is made of, just have a sniff of her new perfume. Created by top nose Azzi Glasser (she made the original Agent Provocateur scent and counts Helena Bonham Carter and Johnny Depp among her private clients), the fragrance was entirely inspired by the many facets of Freud.

The two have known each other for six years and Glasser did such a good job of distilling her friend's essence that Freud was 'shocked' when she first smelled it. 'It was almost disconcerting to find that somebody had read me in such a spiritual way. It was like she'd nailed a part of me through pure osmosis.'

Glasser based Bella Freud EDP (out this month, available at Selfridges), around an amber accord – think warm, resinous, edgy – 'as it nods to her childhood in Morocco and her free, "1970s" spirit, but is reassuring, too'. (Freud notes that her mother wore amber jewellery and she finds it comforting.)

'Patchouli and vetiver enhance the quirky sophistication of the accord, while tonka bean turns that gentle warmth up a notch,' Glasser explains. 'And I used olibanum resin to evoke loyalty.' Freud has been with her husband for 22 years and has three friends she's been close to for nearly 30 years: 'I was astonished when Azzi mentioned [the perfume] has qualities of loyalty, as it's a quality I hold dear and it gives me a lot of pleasure to be constant.'

Finally, Glasser added floral notes of ylang-ylang and Japanese osmanthus to create a sensuality about which Freud is sweetly



LEFT: Bella Freud in her signature 'boy' style BELOW: A floral element evokes her feminine side

Bella Freud
EDP, £75 for 50ml



coy: 'It's the bit I like to keep hidden. In my head, I'm a boy! But, of course, I do have a feminine side and get great pleasure from my friendships with girls. And going off to have my toenails painted, then covering it all up so only I know what I've done makes me feel very

coquettish, though

I doubt anyone would describe me as that.'

Ultimately, says Freud, the fragrance works because it's both calming and thrilling. 'Calmness is wonderful, but it should be a strategy, not a switch-off. Perfume

can make your transition into the next phase a little easier and I always carry a tester bottle with me, to spray when I need a little rush. Like a cup of coffee and a deep breath. The heart is the courage, but the brain has to stay nimble and free.'



Freud, above, spent part of her childhood in Morocco; and, left, relaxing on a recent holiday



Read Bella Freud's style secrets at REDONLINE.CO.UK

HAIR SAVIOURS

Get your hair back to its former glory with a little help from the Thérapiste range by Kérastase

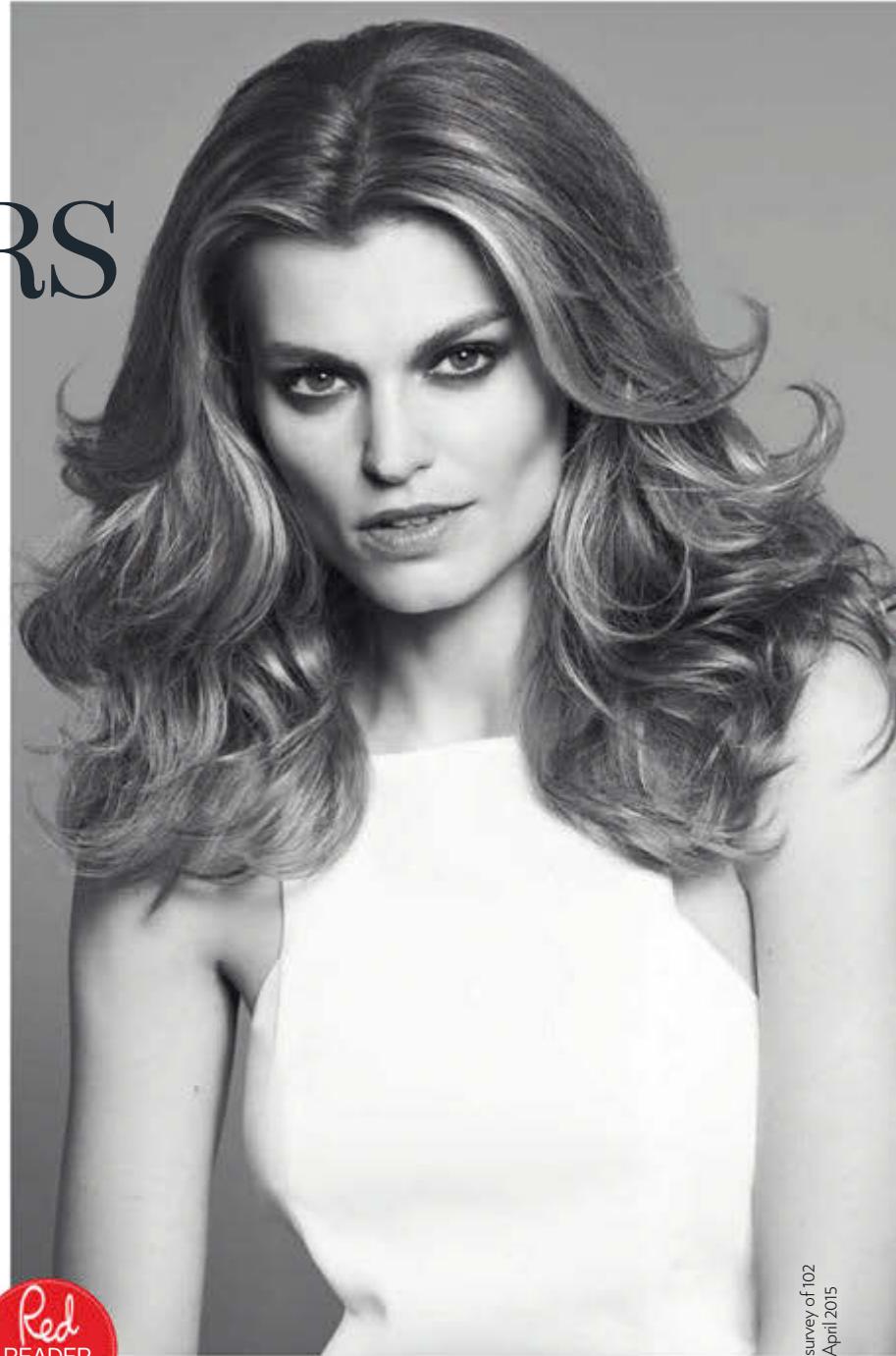
Caring for over-processed hair is important, particularly if you've spent years highlighting or changing your colour. Why? Because dying your locks can leave you with frizzy, damaged hair and split ends. But worry not – now you can give your hair a second chance thanks to the new Thérapiste for Kérastase collection. Thérapiste is an innovative range of four haircare products (Bain, a balm-in shampoo, Soin, a renewal conditioner, a nourishing mask and a protective

89% of the *Red* reader panel noticed a visible difference to their hair[†]

serum) designed to leave your hair feeling stronger, smoother and shinier. From the shampoo, which removes friction and protects hair from damage, to the dual core serum treatment, which reduces the appearance of split ends and protects against high heat up to 230°C*, these haircare treatments will rejuvenate and strengthen your tresses, helping you to regain your confidence with gorgeous, silky hair. And the *Red* readers' verdict? 89% noticed a visible difference to their hair after using Kérastase Thérapiste products, while 86% would happily recommend Bain Thérapiste shampoo to a friend[†]. The results speak for themselves.



Award-winning hairdressers Hooker & Young said, 'This range goes above and beyond to restore that natural feel to the hair. Thérapiste is uniquely targeted to clients who bleach and dye their hair, use heat, or over-style, and it actually works! You can see and feel the results; stronger, smoother, healthier-looking hair. Our clients can succumb to their hair desires guilt-free thanks to Thérapiste.'



Michael Young and Gary Hooker at work, using the Kérastase Thérapiste range

NAIL IT

Kiko's new Perfect Gel Duos (£7.90) not only come in a range of bright, sunshiny shades, they dry to indestructible in two minutes flat. Bonus: the gel top coat can be used with any varnish to make it smudge-proof almost straight away.

UPDATE

3 BEST... COCONUT DREAMS



THE SCRUB:

Coconut and avocado oils combined with lime and bay extracts make **Aveda** Caribbean Therapy Body Scrub (£31) one of the best exfoliators of the season.

THE SPRITZ:

We look forward to it every summer: sunshine-smelling **Estée Lauder** Bronze Goddess Eau Fraîche Skinscent (£47 for 100ml) is practically tradition.

THE SCENT:

Annick Goutal Songes Tahitian Monoï (£67 for 50ml) is a divinely soft oil, scented with coconut and tiare flower, and so, so sensual to use.

For the best products to pack in your hand luggage, see **REDONLINE.CO.UK**

BEAUTY NOTEBOOK



SPA HEAVEN

A Sisley Supreme Anti-Ageing Facial at Claridge's' elegant spa, followed by a light lunch in The Foyer, is a restorative treat that left this reviewer lighter on worry as well as wrinkles. One for the beauty bucket list. *From £135; see Redonline.co.uk for a full review*

Wash and... tan
It sounds like the answer to all our prayers – a fake tan you just bung on in the shower. In reality, St. Tropez's new Gradual Tan In Shower Lotion (£14.50) takes three minutes to work on wet skin (so you have to wait to get dressed), and several days to build up a noticeable colour, but the lack of mess, and streaks, make it worth a try.



Christina Hendricks' new hue is Nice 'N Easy Colour Crème in Natural Honey Blonde

PRO TIP

'Thinking of going blonde? Go three shades lighter with an at-home colour first. You'll be able to tell whether it's going to suit you, but it's less commitment if it doesn't. Clairol Nice 'N Easy Colour Crème in Natural Honey Blonde (£5.99) is a warm shade that can be used on all tones from mid-brown down,' says colourist Jonathan Long.

YOU NEED THIS

My all-time favourite beauty product ever, Urban Decay's Heavy Metal Glitter Eyeliner in Midnight Cowboy (£14) has been repackaged: the perfect excuse to stock up, as if I needed one. *Find out how I use mine at Redonline.co.uk*



BEAUTY INSIDER

by ANNABEL MEGGESON



You know how buying loo paper and laundry powder from Ocado is a great time-saver, but you still want to pop to Waitrose to pick your veg? It's the same with these new at-home beauty services (in London and beyond). Companies like Milk (milkbeauty.co.uk), Priv (gopriv.com) and Perfect 10 (perfect10mobilebeauty.co.uk) make it so easy to keep on top of all that beauty maintenance – nails, blow-dries – so you have time to visit your trusted salon-based therapists for things like hair colour and laser. Their booking systems are easy to use and our limited research proved the therapists are very good, so you can enjoy all the advantages of no travel. I had a Milk mani-pedi at 10pm one evening and a Perfect 10 blow-dry before I was due to go out on another. And I tried a massage with The Vital Touch (thevitaltouch.com), who came once the kids had gone to bed, delivered one of the best massages – and I could just flop on the sofa afterwards. You know when you sneak a couple of magazines in with the loo roll? Ordering an at-home massage is a bit like that. ☺

This month I have been...

SLICKING on Lancôme's easy, creamy Shine Lover lipsticks (£18.50 each); **MISTING** on Institut Esthederm Eau Cellulaire Spray (£16) between each layer of skincare; **PAINTING** on Jessica Custom Nail Polish in Shock Me Red (£9.75)

NEW



MMMM... DELICIOUS
AND 99 CALORIES

Living

Edited by PIP McCORMAC

SUNSHINE FLAVOURS

THE JEWEL IN SUMMER'S CROWN

Plump, sweet and ready to eat, there's more to strawberries than just double cream and Wimbledon.

From zingy salads to grown-up puds, they're the taste of right now »

Recipes PIP McCORMAC Photographs LAURA EDWARDS
Styling SARAH KEADY Food styling ANNIE RIGG

Strawberry and goat's cheese tart



STRAWBERRY AND GOAT'S CHEESE TART

This can be served warm or cold. Baking the strawberries sends them ever so slightly gooey – think of them as spoonfuls of ready-made relish.

SERVES: 4-6

PREPARATION TIME:

10 minutes

COOKING TIME: 30 minutes

- 500g puff pastry
- 50g Parmesan, grated
- 1 orange pepper
- 200g goat's cheese log
- 100g strawberries
- 2 tbsp basil leaves

1 Preheat the oven to 180°C/gas mark 4. Flour a worktop and roll out the pastry to a rectangle around 20cm x 30cm. Lift it on to a baking sheet lined with baking paper.

Using a sharp knife, score a shallow rectangular line around the pastry, 1cm from the edge. Scatter the Parmesan within the scored lines and bake the pastry for 15 minutes.

2 Meanwhile, slice the pepper into strips, the goat's cheese into thin rounds, and the strawberries into halves. Remove the pastry from the oven, cover the inner rectangle with the toppings and put back in the oven for 15 minutes.

3 Remove from the oven and allow to cool before scattering over the basil leaves and carving it up into squares. Serve with rocket leaves and a drizzle of balsamic vinegar.

SPICED STRAWBERRY CHUTNEY

This sweet, fruity sauce goes well with cold white meats or as a tangy addition to a cheeseboard alongside rich, runny Brie and salty biscuits.

MAKES: 500ml, enough for two jars

PREPARATION TIME:

10 minutes

COOKING TIME: 1 hour



Just-picked strawberries conjure up fresh-from-the-garden flavours
LEFT: Spiced strawberry chutney

- 500g strawberries, leaves removed
- 1 large red onion, peeled and roughly chopped
- 2 garlic cloves, peeled and chopped
- 2cm fresh ginger, peeled and chopped
- 75g brown sugar
- 50ml red-wine vinegar
- 1 red chilli, chopped and deseeded
- 2 tsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp pink peppercorns
- 1 tsp coriander seeds

1 Put all the ingredients into a large pan, season and set over a high heat until the vinegar begins to boil. Turn the heat down so everything simmers nicely, and let it bubble uncovered for one hour, giving a very occasional stir.

2 Meanwhile, preheat the oven to 180°C/gas mark 4 and wash two jam jars. Pop them in the oven with their lids for 10 minutes to sterilise. Spoon the chutney into the jars and seal. Leave to cool, and keep in the fridge for up to three weeks.

CHICKEN AND MINT SALAD WITH LIME AND STRAWBERRY DRESSING (page 158)

The free-from recipe writer Pippa Kendrick is a master at dressings and this one was inspired by her. Tangy and crunchy, it adds zing to the salad.



SERVES: 4
PREPARATION TIME:
15 minutes

COOKING TIME: 10 minutes

- Olive oil
- 4 chicken breasts, cut into strips
- 6 carrots, peeled
- 1/2 cucumber
- 1/2 white cabbage
- 2 tbsp mint leaves, torn

For the dressing:

- 50g sunflower seeds
- Juice of 1/2 lime
- 1 tsp tamarind paste
- 1 tbsp olive oil
- 50g strawberries
- 1/4 red chilli, chopped and deseeded
- Pinch of brown sugar

1 Heat some oil in a pan and fry the chicken for around five minutes, until it starts to brown. Remove with a »



Chicken and mint salad
with strawberry and
lime dressing (page 157)



Strawberry and
thyme jam dodgers

slotted spoon and set aside. Using a mandolin or potato peeler, whittle the carrots and cucumber into long ribbons, and divide between four bowls. Slice the cabbage finely and separate it into long strands with your fingers. Divide these between the bowls, too, artfully placing the chicken strips on top.

2 Meanwhile, preheat the oven to 180°C/gas mark 4 and put the sunflower seeds on a baking tray. Roast them for five minutes until brown. Leave to cool for a minute while you place the rest of the dressing ingredients into a blender, along with a pinch of salt and pepper. Tip in the seeds and blitz. Spoon this paste over the salad with the mint leaves and serve.

STRAWBERRY AND COCONUT ICE

The joy of this simple recipe is that it doesn't need an ice-cream maker. Coconut milk turns this into an inviting mix of British summer and the Bahamas. Refreshing, and refreshingly easy to make.

SERVES: 6

PREPARATION TIME:

10 minutes, plus freezing time

- 2 egg whites
- 100g caster sugar
- 100ml coconut milk
- 150ml double cream
- 250g strawberries, washed
- Ice-cream wafers or shortbread, to serve

1 Line a one-litre rectangular loaf tin with clingfilm and set aside. Using an electric mixer, whisk the egg whites and sugar together until stiff peaks form that look glossy and rich – this should take around six or seven minutes. In a separate bowl, using an electric hand whisk, beat together the coconut milk and cream. It won't whip up as much as cream normally does, but it should get about half as big again and feel a little thicker. Carefully fold this into the egg whites using a metal spoon.



Strawberry and coconut ice

2 Blitz the strawberries to a puree in a blender – or smash them to a pulp with a potato masher. Pour them into a sieve set over the cream mix, and help them on their way by pressing them through the mesh. Use the metal spoon again to fold the strawberries through the cream, creating the effect of a ripple rather than combining everything. Pour the cream mix into the loaf tin and freeze for at least two hours.

3 To serve, remove the tin from the freezer and let it thaw for around five minutes. Turn it out on to a board, peel off the clingfilm, cut into brick-like chunks and place between wafers or shortbread. Or just scoop it into bowls with fresh strawberries scattered on top.

STRAWBERRY AND THYME JAM DODGERS

The thyme gives this classic biscuit a sophisticated, adult twist. Serve with a large cup of tea.

MAKES: Around 12

PREPARATION TIME:

15 minutes

COOKING TIME:

25 minutes

- 150g plain flour
- 50g ground almonds
- 3 egg yolks
- 50g sugar
- 150g butter

For the jam:

- 200g strawberries, washed and halved
- 60g sugar
- 4 thyme sprigs, leaves only

1 Preheat the oven to 180°C/gas mark 4 and grease and line a large baking tray with baking paper. Using an electric mixer, beat together the flour, almonds and egg yolks until well combined. Add the sugar and butter and beat until you get a pale dough. Ball it together with your hands, lightly dust a worktop with flour and roll the dough out as thin as you can – 1 to 2mm is ideal.

2 Using a cookie cutter around 6cm in diameter, cut circles in the dough, rerolling any excess to make more biscuits. You want to end up with an even number lined up on the prepared baking tray. Take an apple corer, or the narrow end of a bottle, around 1cm in diameter, and press out the middle of every other biscuit, discarding the little dough circles. Bake the biscuits in the oven for 10 minutes, until they start to brown. Remove and leave on a wire rack to cool.

3 Meanwhile, make the jam. Put all the ingredients in a pan on a high heat and stir as the sugar melts and bubbles. Turn the heat down to medium, and let it bubble for 15 minutes until thick and jam-like, using a wooden spoon to help smoosh up the strawberries a little.

4 Spread a dollop of jam on each biscuit that doesn't have a hole in the middle and very carefully press a holey biscuit on top. Leave to cool and stick together before eating, or storing in an airtight container.

STRAWBERRY AND APRICOT TIRAMISU

The lightness of this dish makes it the perfect end to a summer dinner party – especially as it can be made in advance. Strawberries and apricots are a winning combination – two seasonal favourites at their very best, together in this sweet confection.



Strawberry and apricot tiramisu



SERVES: 6

PREPARATION TIME:

15 minutes, plus chilling time
COOKING TIME: 15 minutes

- 300ml strong Earl Grey tea
- 100g sugar, plus 1 extra tbsp
- 200g apricots, stoned and cut into quarters
- 300g sponge fingers
- 200g strawberries, halved
- 4 eggs, separated

1 Put the tea into a pan with the extra tablespoon of sugar and the apricot pieces. Bring to the boil, then reduce the heat to a simmer for 15 minutes. Remove the fruit with a slotted spoon and leave it on a plate to cool, taking the tea off the heat and letting that cool slightly, too.

2 Soak the sponge fingers in the tea for one to two minutes

and use them to line the base of six individual sundae bowls. Cover the sponge with equal helpings of the apricots and strawberries.

3 In a large bowl, beat together the egg yolks and 50g of the sugar until light and doubled in size. In another bowl, beat together the whites with the remaining sugar until it becomes a thick and glossy consistency. Fold the two egg whips together carefully, then spoon over the top of the fruit.

4 Leave the tiramisus in the fridge for one to two hours to set before serving with fresh strawberries scattered on top. This could also be prepared in one big trifle bowl. ☀

Find more cherry-picked summer-fruit recipes at REDONLINE.CO.UK

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PALE & INTERESTING

Reuse, reclaim, recycle. Anna Rose's home is where craft meets design. Don't throw away a thing »

Words KAROLINA ROGALSKA Photographs EMMA LEWIS



Artefacts collected on buying trips to Africa make an interesting display

THE LOW-DOWN

WHO: Anna Rose, one half of the team behind Otago, a design studio that works with designers from marginalised communities in Africa to create homeware and jewellery to sell in the UK.

WHERE: Queen's Park, north-west London.

WHAT: A two-storey, three-bedroom cottage-style house that Anna has lived in for three years.

WHY: 'I fell for the lovely proportions of these unusual houses. They're called "artisan cottages" and were originally built for railway workers, so they're not as big as typical terraces. I didn't need a big house and this was ideal – only a little larger than a flat, but with no upstairs neighbours and a garden.'

FIRST THING ANNA DID: 'The house wasn't in a liveable state when I bought it, and took three months to renovate. First, I stripped out the floors downstairs, and reused them as floorboards upstairs. Sustainable and great for my budget.'

GUESTS ALWAYS COMMENT ON: 'The colours. A lot of people are afraid to mix palettes in case they go off what they've chosen, but who's to say you won't get bored of white?'

FAVOURITE PART OF THE HOUSE: 'The bathroom. It's bigger than my bedroom but I managed to make it into a really functional room. There's a washing machine and dryer in there, as well as a bath and shower. Plus, I painted it a warm pink colour, which is really flattering on the skin.'

BIGGEST EXTRAVAGANCE: 'I've spent around £100 per two metres on flooring but it's worth the investment. You don't want to do it again once you move in, so it's best to get it right.'

MONEY-SAVING MEASURE: Making her own curtains. 'I like to use a mix of vintage textiles and Indian linen, which isn't too expensive. You don't need to be brilliant at sewing (I'm not!) – just keep the design simple and they will still do the job.'

Otagodesign.com



CLOCKWISE, FROM TOP: Mismatched chairs are homespun and casual – the trick is to ensure they're the same height; Otago accessories add style; Anna with her dog outside – even her car is pale pink



The green dresser changes the energy of Anna's white bedroom



The soft furnishings make a strong focus in the guest bedroom. For similar cushions, try korlahome.com

ANNA'S DESIGN TIPS

Try not to be wasteful when designing your space. I always reuse and reclaim as much as possible – from floorboards to scraps of fabric. It's an eco-friendly way of keeping costs down.

Storage really is the most important thing in a home. You don't want to move in and then realise you have nowhere for the vacuum. Factor these necessities into any refurb designs – it's easy to overlook the mundanities. It can be tempting to extend into the attic space but sometimes it's best left as storage. Do you really need that extra room?

I love to use open shelving and glass-fronted cabinets throughout the house. While it's tempting to hide away clutter, often, once you put things in cupboards, you can easily forget what you already have and end up buying it again by mistake. Plus, it's satisfying to display the objects you love.

To me, there are no rules when it comes to mixing styles. If you like two things, they will most likely have something in common and will often naturally fit together. And if they don't, even better. Your home is meant to reflect your personality so trust your taste and it will end up looking unique, homely and relaxed rather than overly 'designed'.

If you work from home, it's good to separate your work area as much as possible. It will also take a lot of discipline to keep the space tidy but I do try to clear up the desk area at the end of each day, so I can start fresh in the morning. It's important that when I wake up, work is not left all over the house – tidy space equals tidy mind! >>



FROM TOP:
The 'secret garden' feel of the outside space is down to overhanging creepers on the trellis; painted kitchen cupboards make all the difference – try Marston & Langinger for similar shades; Anna is a big fan of wildlife. 'It's what first drew me to Africa,' she says

LIVING

Concrete and copper light, £70, House of Fraser

Recycled glass and brass bottle, £79 for a pair, Otago

Cotton and wool cushion, £66, Bon Maison

Wood and glass cabinet, £429, Myakka

Gold-plated brass safari collection, £75 for a set of three, Otago

Anna's office is in the corner of her living room. 'If you work from home, it's good to separate your office area as much as possible,' she says

Ceramic tiles, £10 each, Bert & May

Limited-edition print by Johnny Christmas, £230, Rise Art

Steel table lamp, £95, Loaf

Stoneware jug, £12, Habitat

STEAL ANNA'S STYLE

Bamboo and metal table, £140, Ikea

For more reclaimed styling ideas, go to **REDONLINE.CO.UK**

Steal Anna's style compiled by Karolina Rogalska. For stockist details, see the Directory

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FOOD MEMOIR

At my father's kitchen table

After years spent cooking with her father as a child, Francesca Hornak considers how our parents shape our perceptions of food



Back in the Eighties, when I was a child, dads didn't cook. There might have been the odd barbecue, or a signature omelette, but the daily grind of family meals fell to mums. My father, Angelo, was different. Working from home as a photographer, he cooked for us every day. Although his Italian-Lebanese heritage gave him a reverence for food, he was self-taught. He cooked because he liked to eat well, and because my wonderful mother had the sense to let him.

I was often his sous chef. In the summer my task was to thread skewers with harissa chicken, courgettes, peppers and bay leaves, in the garden at dusk. This ritual signalled the start of a long, warm evening with cousins – children at one end of the table, adults getting louder as the stars came out. My dad would ask me to turn off the ice-cream machine, and indoors I'd find the custard we had stirred earlier transformed into two snowy hillocks. I could never resist taking the first vanilla-flecked spoonful, straight from the machine. At weekends, my father trained me to spend the hours before 8am shaping dough he had made the night before into rolls for breakfast. My speciality was bread hedgehogs, spines created with snips of the scissors.

This was long before Jamie Oliver, and while I enjoyed these messy hours in the kitchen, I knew we were unusual. To my shame, I even coveted a more conventional set-up, with a father coming home with a briefcase – rather than mushrooms he'd spotted by a country road. But as I grew older, I became increasingly grateful. I realised I'd inherited not just an instinct for flavour but also an easier relationship with food than many female friends.

I first noticed this on my gap year. Feeding ourselves daily for the first time, I saw how my friends loaded food with

emotion. One moment pudding brought elation; the next, self-loathing. Of course I already knew the link between diet and weight but I'd never felt the urge to comfort eat or starve myself. I still see food as a straightforward pleasure, not an emotional roller-coaster.

Looking back, I wonder if that's because I grew up being fed by a man. At the risk of generalising, most mothers are either martyred about 'having to' cook or attach undue significance to nourishing their brood. Aged five, I remember a neighbour's mother imploring her daughter to have seconds, 'just for me'. 'What's it got to do with you?' I wondered. It was simpler for my father. He cooked by choice, with great passion, but without neediness or guilt. If I rejected something, his response was: 'All the more for me.' I think men are less inclined to make food moral, too. My father would no more say, 'I was naughty today, I had cake,' than get a pedicure.

I've been thinking about all this lately, as my son grows from a baby into a boy. By not taking it personally when he spits out whatever I've lovingly prepared, I'm trying to pass down my father's example. Being careful not to imbue food with emotions, other than the pleasure of coming together to eat. I want to teach him what flavours work together, so he'll never

need to google a recipe to eat well. And of course, I can't wait to make those bread-gehogs again.



ANGELO'S SUMMER SORBET

I'll be handing down this family-honed recipe. (It's fashionably dairy-free, though my dad has made it for years.)

SERVES: 4-6

PREPARATION TIME:

10 minutes, plus freezing time

- **500g frozen redcurrants**
- **250g demerara sugar**
- **2 pinches cinnamon**

Bring all the ingredients to a boil in a saucepan with 150ml of water. Simmer gently for four to five minutes. Cool, then whizz in a blender until the fruit is crushed. Sieve the mixture until you can't get any more through. Stir and taste – if it's too sharp add sugar, but melt it in by reheating the mixture. If it's too thick, add a little water. Put in an ice-cream machine and churn until firm. Freeze until ready to eat.

For our best summer recipes to cook with children, see REDONLINE.CO.UK

HOLIDAY BUYS

MAKE A SPLASH

Lie back and think of summer with one of these dreamy new beach towels



Cotton, £90,
Christian Lacroix
at Designers Guild



Cotton,
£10, IKEA



Cotton, £5, George



Soaking up the sun?
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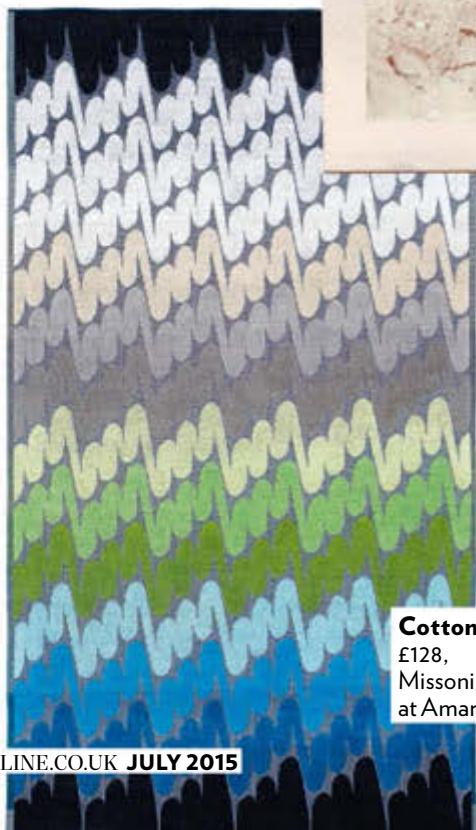


Cotton,
£10, BHS

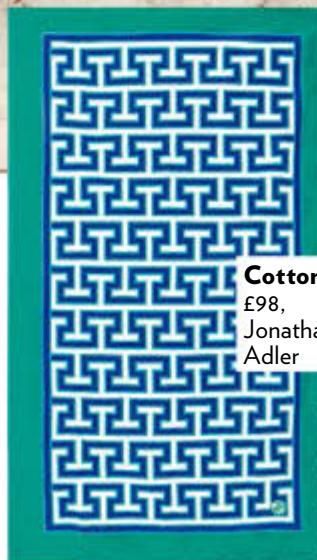
Cotton, £40,
Oliver Bonas



Cotton, £28,
House of Fraser



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SEE PAGE 35 FOR DETAILS ON HOW TO SUBSCRIBE

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Cotton napkins, from £9.99 for a set of four, Zara Home



Bamboo bowl, £22.95, Amara



Bamboo salad servers, £10, Habitat



Glass and raffia carafe, £42.50, The Conran Shop

OUTDOOR ENTERTAINING

Sundowner

Alfresco dining calls for zingy lemons and fiery oranges and reds, perfect for long summer days – and nights. It's time to take things outside

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Wine glass, £4.99, Zara Home



Terracotta dish, £12, Habitat



Stoneware milkjug, £4, Tesco



Glass bottle, £42, Pols Potten at Amara



Stoneware dinner plate, £18, Anthropologie



Bamboo basket, £3, Pols Potten at Heal's

Cotton towel, £10, BHS

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Red's open-house event gave plenty of tips on this year's plant trends

BRING THE OUTSIDE IN

Summer interiors inspiration? All taken care of, thanks to Red and thejoyofplants.co.uk's wild and whimsical botanical decorating event

You'd have thought you were in a Victorian greenhouse, not a north-London home, so filled was Red's recent masterclass with plants, flowers and succulents. In every corner, from every surface, greenery spilled, petals blossomed and inspirational home styling tips were ready to be picked by the dozen. From Red lifestyle editor Sarah Keady's class on this season's eco-luxe trend to interior stylists and designers Joanna Thornhill's and Marianne Cotterill's workshops (more details at Redonline.co.uk), everyone left ready to fill their spaces with plants. Readers took away armfuls of their own creations, and minds full of ideas for bringing their homes to life.

Red readers learned how to transform their homes with brilliant botanical workshops

How to use plants at home

1 Foliage is an economical and seasonal way to decorate your dinner-party table. Just add a few tea lights, or even use piles of old books under plants for a bohemian vibe.

2 Scared of colour? Rather than risk painting a full wall, try a selection of plant pots in primary shades.

3 An assortment of cacti look great on your bedroom bookshelf. Vary the shapes of the pots, as well as the heights of the plants.

4 Boost the eco-luxe vibe in your home by making mini terrariums, filled with succulents and moss. An instant indoor garden.

5 Simple hanging baskets suspended from hooks at the bottom of your staircase are an unusual way of bringing nature in.

The joy of plants.co.uk



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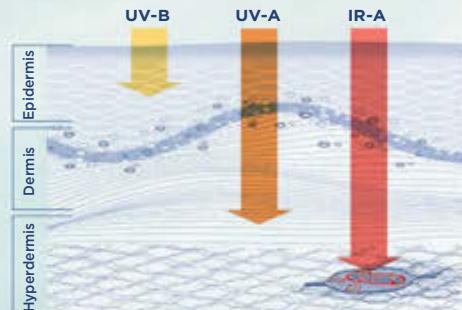


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*Compared to UV-A/UV-B only sun creams.

Escapes

Edited by SASKA GRAVILLE

5 BEST BEACHES

How do you like your beach served? Glitzy and fabulous, toddler-friendly, wild and secluded or with a buzzy city on the side? There's a strip of sand for everybody this summer



1 WILD: ICELAND

Black-sanded and windy, Icelandic beaches are not for the faint-hearted

– and definitely not for the sunseeker. These are beaches to be buffeted along (even in summer) and appreciated for their raw, wild beauty.

It doesn't come wilder than Jökulsárlón. This lagoon on Iceland's south coast is on the tourist trail thanks to the iridescent blue icebergs that fill it after detaching from the Breiðamerkurjökull glacier. Floating in the clear meltwaters, they're a mesmerising sight.

But most visitors miss the next stage in the icebergs' journey. Walk less than 500 metres from the lagoon and you reach a black-sand beach strewn with lumps of ice that are hacked off the 'bergs as they travel out to sea and start to break up. Bleak and beautiful, the contrast of soot-coloured sand and glassy ice is not only surprising, but rare: there can't be many other European beaches that put on such an unusual show.

Jökulsárlón is a day trip from Reykjavik and definitely worth adding on to your city break. Make ➤

Black sand and sea stacks at Vik in southern Iceland were a highlight for Saska (above, right)

Dyrhólaey, near Vík

the journey more manageable with a night or two in Vík, about halfway between the two. The village itself is fairly modest but, like the rest of the country, its setting is wondrous, its beach dominated by three huge sea stacks, the Three Trolls, and jagged mountains providing the backdrop.

It's driving to places like Vík and Jökulsárlón that gives you a true sense of the geographic wonders of this island, something you might not grasp if you stick to downtown Reykjavík. We headed straight

off after landing, and the three-hour coastal drive to Vík, through moss-covered lava fields and past towering waterfalls, was epic.

The following day's drive up to Jökulsárlón was even more breathtaking. Glaciers oozed down from frozen heights, rock formations forced themselves from the ground and icy-blue rivers flowed out to sea. In fact, the whole landscape is like a geography lesson in action – you can practically hear the tectonic plates creaking.

Driving back to Reykjavík, Iceland put on yet more watery spectacles, this time inland. At the Laugarvatn Fontana Geothermal Baths (fontana.is), around 90 minutes from the capital, the lakeside natural springs have been turned into a spa of mineral baths and steam rooms (with a brilliant café attached). So natural is the whole set-up that the steam comes straight through wooden boards from the hot springs below – I've never sweated anywhere like it.

And then, of course, there's the Blue Lagoon (bluelagoon.com), just outside Reykjavík. Yes, it's touristy, and yes, coaches fill the car park, but it's not to be missed. Floating on your back in the warm, bright-blue waters, watching the steam rise over the volcanic rocks, is fun, odd and incredibly relaxing, all at the same time.

This trip of wild landscapes and natural wonders left me little time to explore Reykjavík, but I spotted enough bearded hipsters to guess that it's a city with plenty worth coming back to see. Iceland is one of those destinations that is, I suspect, impossible to take in all at once. I've only scratched the ever-shifting surface. *SASKA GRAVILLE*

TRIP NOTES Discover the World offers a three-night self-drive from £628 per person, including two nights' b&b in Icelandair Hotel Vík, one night's b&b in Icelandair Hotel Reykjavík Marina, return flights with Icelandair, car hire and use of an iDiscover digital travel guide; discover-the-world.co.uk



Iridescent blocks of ice on the beach at Jökulsárlón



Hannah and fiancé Sam, left, and their Beach Cove hideaway

2 ROMANTIC: DEVON

Forget every beach hut you've seen before. Instead, imagine luxury, cosiness and a hot tub. The multicoloured chocolate-box huts of Hele Bay's Beach Cove Coastal Retreat are about as romantic – and close to the sand – as a British escape can be. With never-ending sea views and the sound of waves crashing against the rocks, they are utterly charming.

Seaside setting aside, the fully equipped kitchen/lounge is perfectly proportioned for brunch à deux, and the huge bed and en suite are comfortable, minimalist and chic.

Hele Bay itself is one of the quietest beaches for miles. Head out for an early morning swim or beach walk, and you might just have the place to yourself.



Enjoy views of Hele Bay



In fact, the whole area is quietly sleepy. Stock up on supplies and stay in – there's no nightlife

on your doorstep, which is a wonderful thing. If you're in need of distraction, it's a short 10-minute drive into Ilfracombe for dinner at La Gendarmerie (lagendarmerie.co.uk), where the freshly caught fish specials are outstanding.

But really, the joy of having your own beach hut is staying put. Cooking, lounging and loving every second of that wonderful, windswept vista – not to mention the private hot tub.

HANNAH GILCHRIST

TRIP NOTES Beach Cove Coastal Retreat, one-bedroom huts from £320 per night, self-catering (minimum three-night stay); darwinescapes.co.uk

What to pack

Waterproof nylon anorak, £50, K-Way



Viscose shorts, £41, About



Poly-mix bag, £65, Day Birger et Mikkelsen



Leather and plastic sandals, £115, Michael Michael Kors



3 GLAM: MIAMI

If you close your eyes and picture a postcard of Miami, with huge stretches of white sand and palm trees that whistle in the afternoon breeze, you wouldn't be too far from the reality. From the moment my taxi whizzes past South Beach, I can sniff the glamour and gloss in the air.

The seaside city is a popular minibreak for grown-up partygoers. No wonder. It boasts an intoxicating mix of unashamed luxury and a hip downtown art scene. But it's the beach behind the Thompson Miami Beach hotel, which opened in November – crystal-clear waters, silky-soft sand – that makes me never want to leave.

Almost as good (almost) is the people watching – the outfits are half Marissa from *The OC*, half Joan Collins. Armed with a Martini from 1930s House, the hotel's Spanish-inspired hacienda bar, I'm transfixed. Walking through the Thompson's super-stylish pool area to the beach, I half expect to catch a glimpse of Don Draper sipping an Old Fashioned. There's something about designer Martin Brudnizki's mid-century minimalist decor that oozes a *Mad Men*-style decadence, with turquoise and orange furniture and look-at-me chandeliers waiting for you in the lobby.

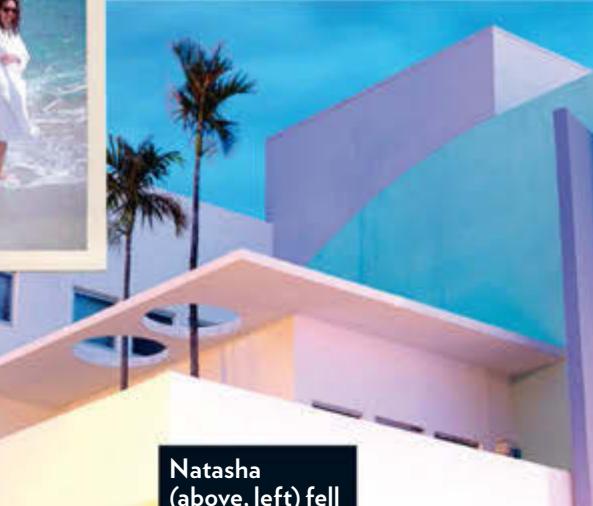
The hotel's rooms allow you to enjoy the beach from a distance, too – I fall asleep with my window open listening to the sound of lapping waves, and wake up to a morning view of early beach revellers unrolling their towels in the sunshine.

As the sun begins to set, I head to the hotel's much-lauded restaurant, Seagrape, for some uni toast (lardo, avocado and toasted brioche) and yellowtail snapper, before drinks in the Crown Room, an indulgent, book-lined drinking den.

When, finally, I manage to prise myself away from the beach, the city offers plenty of other distractions: the Pérez Art Museum Miami (pamm.org), the street art in the Wynwood Arts District (wynwoodmiami.com) and a host of designer boutiques tucked in warehouses in the so-hip-it-hurts Design District. In fact, the city is so vibrant – and welcoming – that I start to understand why Oprah has snapped up a property on nearby Fisher Island Drive. While, sadly, I don't catch a glimpse of the world's most famous talk-show host, I do bump into Beyoncé's sister, Solange, back at the hotel, basking in sunshine and attention.

That's the thing about Miami – just when you think you've seen it all, you turn a corner and it surprises you. Don't write it off as a party town, because scratch the surface and you might just find there's more to this mystical coastal town than Veuve Clicquot and postcard-perfect palm trees (although those aren't so bad either). **NATASHA LUNN** >

FROM TOP:
Miami in the sun;
purely indulgent
poolside dining;
Miami Beach; a
suite at the super-
stylish Thompson



Natasha (above, left) fell for the art-deco architecture of South Beach



What to pack



Acetate sunglasses, £175, Stella McCartney at Sunglass Hut



Lycra bikini top, £32; bikini briefs, £16, both Calzedonia



Cotton-mix sarong, £36, Huit

Stainless steel, leather and Swarovski crystal watch, £249, Swarovski

TRIP NOTES Thompson Miami Beach, from £191 per room, per night, b&b, May to September; or from £273, September to May; thompsonmiamibeach.com. British Airways flies to Miami from London Heathrow daily, from £575 return; ba.com



4 FAMILY: CORNWALL

Sometimes, when you hire a seaside property, all that driftwood and nautical decor can seem a bit clichéd. Which is why Hawkers Cove, with its pop-art pictures and splashes of neon, is such a breath of fresh air. And it's not the only fresh air you'll get. The five-bedroom rental is perched above Polzeath, with sea

views from almost every room and a path through the trees to the beach (so you don't have to march kids down the main road).

In fact, it's so thoughtfully – and stylishly – tailored to kids, it's the kind of bolthole that will make *everyone* happy. It was hard to tear my three-year-old, Coco, away from the kids' room, with its mini bunk beds and aquarium wallpaper, come bath time, but

she was coerced by some kitschy gold rubber ducks.

For adults, Hawkers Cove is just the right mix of laid-back and luxe. The kind of place you don't mind padding through with sandy feet, but where you also feel slightly spoilt. Think big, squishy sofas, even bigger beds and a souped-up kitchen. We were equally as charmed by the welcome hamper of scones, clotted cream and Cornish Camel Valley fizz.

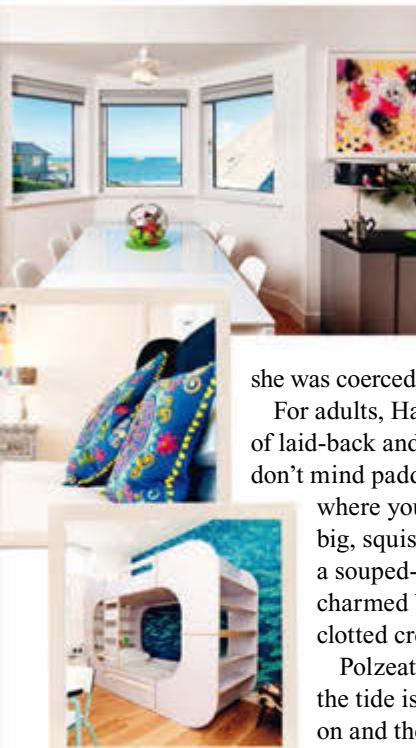
Polzeath Beach is perfect for kids – when the tide is out there's tons of sand to play on and the water seems infinitely shallow. If you forget to pack a picnic, Surfside café (surfsidepolzeath.com) serves fresh lobster rolls and crab sangers right on the beach. We were happy doing very little but if your family needs more action, George's Surf School (georgessurfschool.com) offers private surf tuition (Jamie, Jools and the kids are fans) and Polzeath Voluntary Marine Conservation Group (polzeathmarineconservation.com)

runs rock-pooling and marine-craft sessions.

Come summer, Polzeath is buzzing with beachcombers, so for a break from the crowds, try nearby Greenaway Beach, a small, secluded spot that can only be reached via the grassy banks above.

The trek down to the sea is just part of the adventure. **SARAH TOMCZAK**

TRIP NOTES Perfect Stays offers seven nights at Hawkers Cove (sleeps up to 10) from £1,150; perfectstays.co.uk



FROM TOP: Enjoy a crab sandwich at Polzeath Beach; Sarah with husband Jaron and daughter Coco; Hawkers Cove is just the right mix of laid-back and luxe

The city skyline



5 CITY: TEL AVIV

Tel Aviv is not a beautiful city. And its beach, flanked by skyscrapers and hotels, is not an obviously beautiful beach. But once I looked beyond the dirt, and the mess, and the chaos, I found moments so incredible that the fact they were hidden from first sight only enhanced their beauty. A kiosk selling thick, rich iced coffee. An artist throwing open her studio doors to show you her work. A golden stretch of sand facing the ocean (you just have to look towards the horizon, not at the buildings), full of gorgeous people enjoying the simple pleasure of sun on their faces.

This is the real Tel Aviv, where people will do anything they can to make you feel at home. Like Inbal Baum, founder of Delicious Israel (deliciousisrael.com), who leads foodie tours of Carmel Market, and will let you know which hole in the wall sells the best houmous. Like Eyal Shani, head chef at Ha'Salon (+972 52 703 5888), a restaurant that's all about conviviality, world-class food and dancing on tables. Or like all those locals strolling along the beach, who will happily point you in the direction of the nicest café, the best place to surf or the quietest spot to sunbathe in the 28°C heat of the summer months.

The city's newest big opening, The Norman hotel, furnished by British-based designer David d'Almada, is a shrine to quiet luxury, bespoke The Rug Company rugs and rooftop infinity pools – and the eggs served at breakfast, in an outdoor restaurant with its own pomelo trees, are as golden and perfect as the sands you'll be spending the day on. Tel Aviv has everything, really. You just have to seek it out. **P/ P McCORMAC**

TRIP NOTES The Norman Tel Aviv, from £250 per room, per night; thenorman.com. El Al flies from London Heathrow, from £409 return, and London Luton, from £378 return; elal.co.uk. Find out more at thinkisrael.com



Pip (above, left) loved the newly opened Norman hotel, above **BELOW:** Take a tour of Carmel Market



What to pack

Acetate sunglasses, £174, Giorgio Armani at Sunglass Hut

Canvas bag, £175, Marc by Marc Jacobs at Mr Porter



Canvas trainers, £69, Boden



Makrolon polycarbonate suitcase, from £149, Antler



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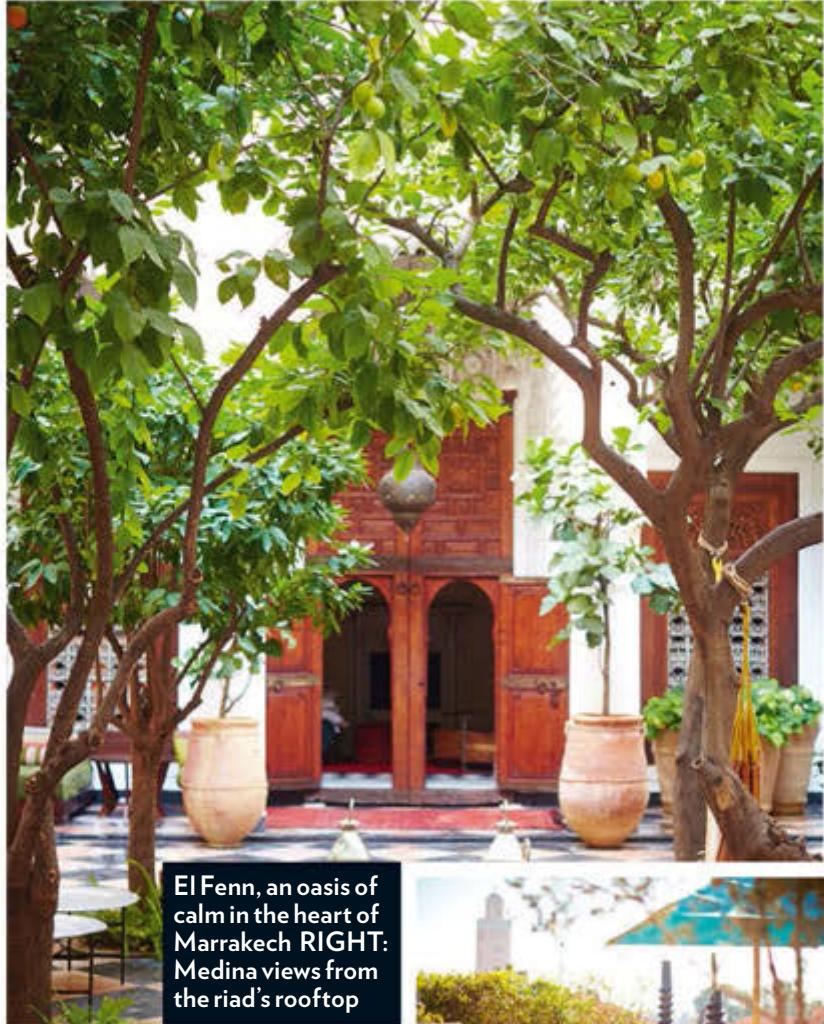
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While shooting the exotic images for this month's fashion story *Rock the kasbah* (page 109), the Red team had the chance to return to their favourite riad in the heart of Marrakech. A former private home, El Fenn is a chic, tranquil haven, converted by Vanessa Branson (Richard's sister, and serious art collector) and Howell James.

Set amid the headiness and bustle of Morocco's most colourful city, inside its calming walls are 28 individually styled rooms and suites, tree-filled courtyards, a 7,000 sq ft roof terrace, plus a family of resident tortoises. It's also one of the few riads in the medina with a swimming pool, as well as a rooftop plunge pool with views of the Koutoubia mosque.

Carefully chosen artworks fill rooms and line the walls, from the stunning chandelier in the restaurant to a series of ink studies by Sir Antony Gormley and photographs by Terence Donovan taken during a trip to Morocco in the 1960s. 'It's the attention to detail everywhere,' says Nicola Rose, Red's fashion and creative director. 'There's a super-relaxed vibe, and the feeling that here, time just stops.'

Now you can stay at El Fenn for less with our special offer and enjoy your own perfect retreat. el-fenn.com



El Fenn, an oasis of calm in the heart of Marrakech **RIGHT:** Medina views from the riad's rooftop



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HER FOOD WILL MAKE YOU GLOW

Nutrition coach Madeleine Shaw has imported a fresh way of eating from Australia, along with a sunny attitude to life. Delicious *and* good for you – we're in, says Brigid Moss »



If you were to describe anyone as 'a picture of health', it's food blogger and coach Madeleine Shaw. The morning I meet her, her honey skin and tawny hair are set off by a white silk T-shirt, a big white smile and eye whites so bright they look bleached. If the recipes in her first book, *Get The Glow*, can make me look half that healthy, I'm sold.

'My version of glow is having an inside and outside glow,' she tells me, sipping her all-veg green juice. 'It's feeling amazing but also having sparkly, clear eyes and fresh skin. That's the modern definition of beauty: you're only as beautiful as you feel.'

Shaw, 25, is known for her supper parties in London, held most recently at private members' club Grace Belgravia and The Hoxton hotel. On arriving, you're met with a low-sugar vodka or rum cocktail made with coconut water, fresh pineapple, cinnamon and mint on ice. Then you learn how to cook a few of Shaw's signature dishes, such as Raw pad Thai (see page 185).

Shaw's big break came in 2013, when TV personality Millie Mackintosh raved about her bespoke low-sugar eating plan. Two years on, she's got 50,000 unique users and 300,000 page views on her blog, madeleineshaw.com, and her own YouTube channel. Newly qualified as a yoga teacher as well as studying to be a naturopath, Shaw says she's found her happy, healthy place. 'I knew I had to do something in food, nutrition and health.'

The path here wasn't smooth, though. Her parents split when she was 16 and, soon after, a good friend died, and she took the drastic measure of restricting food. By the time she went travelling to Sydney, aged 18, she was eating only fruit and rice cakes.

'It wasn't about being skinny,' she says. 'Life was out of control, so I used food to control. I'd get really hungry and binge-eat, then feel guilty.' She also developed IBS. 'I had no idea my body might need protein. My hair was falling out and I couldn't stay up past 9pm. At times, I couldn't get out of bed, I was in such pain.'

Her health journey began at a gym, the Origin Of Energy in Bondi, where the Australian rugby team trained. Embracing the full-on functional fitness and paleo lifestyle long before it came to the UK, Shaw says it was a fun community, with barefoot workouts, kettle bells, climbing and swinging from ropes. She started work at the gym's café, where she learned their food philosophy – meat, fish, vegetables,

fruit, nuts and seeds, lots of coconut. Now, her recipes also include grains, like buckwheat, quinoa and rice.

'I went from eating no fat and no protein to eating slow-roast meat, proper salads, raw desserts and smoothies. It felt effortless, like this was what I was meant to eat.'

Shaw's IBS symptoms receded, too. What does she think helped her recovery? 'Not eating such huge quantities of fruit. And eating protein; everything in our body is made from protein.' Three or four yoga classes a week help keep her stress levels low: 'If I'm feeling stressed, my stomach is still my weak spot.'

Now, she says, she no longer needs to be in control. 'I think the biggest thing that helped me heal is talking. Growing up I kept everything inside; now, I encourage

'I don't want EATING to have TOO MANY RULES'

people to talk about what's going on for them. Sharing makes you feel vulnerable, but I don't think that's a bad thing, if it touches someone or inspires them.'

Her experience has given her compassion with clients and a mission to help them find a way of eating that suits them. She doesn't counsel excluding foods, because that means people often end up eating the same thing every day. 'I don't want eating to have too many rules,' she says. Hers is a holistic, balanced outlook on health, imported from Australia – one us Brits would do well to adopt. 'Health isn't just what you eat; it's in your thoughts and your lifestyle, too,' she says. 'There, "no worries" really means that.'

Read on for some of Madeleine's top feel-good recipes

HOW TO GET THE GLOW

1 START WITH THE PERFECT PLATE:

a fist-sized portion of protein – meat, eggs, fish, quinoa – plus a fist-sized portion of starchy vegetables, such as pumpkin and parsnip, and unlimited green vegetables. Add healthy fats: olive oil, fatty fish, nuts and seeds.

2 ADD DRESSING TO YOUR SALAD

– good fats are essential and help you absorb vitamins.

3 EAT MINDFULLY. Choose to make a salad... then choose to make time to eat it. Most of us eat on the go, eat and tweet, rather than being in a state of rest and digest.

4 NO RAW AFTER FOUR.

Don't have a huge raw salad for dinner because your digestive powers are running lower later in the day.

5 EAT FERMENTED FOODS

for your gut health, such as sauerkraut and kefir.

6 STRESS LESS AND BREATHE MORE.

Most of us are highly stressed, whether it's worrying about work or if our Instagram is getting enough likes. Adopt the Australian attitude of 'no worries'.

7 YOU ONLY NEED DESSERT TWICE A WEEK.

Use natural sweeteners: dates, coconut sugar and honey.



“Goat’s cheese is easy to digest, and abundant in vitamins D, K and A”

GOAT’S CHEESE, PEA AND MINT SMASH

Inspired by breakfast spots in Sydney, this melt-in-the-mouth savoury dish takes minutes to make. Goat’s cheese is easier to digest than other cheeses, and is abundant in vitamins D, K and A. It goes so well with the fresh mint and peas.

SERVES: 2

PREPARATION TIME:

6 minutes

- Juice and zest of 1 lemon
- 150g goat’s cheese
- 1 tbsp chopped fresh mint
- 100g petits pois
- 2 slices toasted gluten-free bread or rye bread
- 20g watercress

1 Mix the lemon juice and zest with the goat’s cheese, mint, petits pois, and a pinch of salt and pepper. Let this sit for a few minutes to infuse, then slather on some toast and serve with the watercress.

FISH BURGERS WITH RAW CARROT SLAW

Fish burgers are slightly unorthodox, but so easy to make and a joy to eat. My raw slaw is super-light, using yoghurt instead of mayonnaise.

SERVES: 2

PREPARATION TIME:

7 minutes, plus chilling time
COOKING TIME: 8 minutes

For the fish burger:

- 200g haddock, skinned and roughly chopped
- 200g salmon, skinned and roughly chopped
- 1 tbsp fresh grated ginger
- 2 tsp soy sauce, tamari or liquid aminos (available at Amazon)
- 4 tbsp chopped coriander

For the slaw:

- 2 large carrots, grated
- Juice of 1 lime
- 1 tbsp olive oil

- 1 tbsp fresh grated ginger
- 2 tbsp natural yoghurt
- 2 tbsp sesame seeds
- 1 tbsp coconut oil or butter
- Olive oil, for drizzling

1 To make the burgers, whizz the chopped fish in the food processor with the rest of the burger ingredients and a grind of salt and pepper. Add a little gluten-free flour if the patty mix is too moist. Form the mixture into four patties on a plate and refrigerate for 30 minutes.

2 For the slaw, mix the grated carrot with the lime juice, olive oil, ginger, yoghurt, sesame seeds and a pinch of salt and pepper.

3 Heat a pan with one tablespoon of coconut oil or butter over a medium to high heat and fry the patties for four minutes on each side. Serve two per person with the slaw and a little drizzle of olive oil. ➤



MONKFISH CURRY WITH SPICED CAULIFLOWER RICE

I actually made up this dish trying to impress my boyfriend, whose family is Indian. I think it worked. The coconut milk makes it very satisfying and the cauliflower rice is a great way to get extra vegetables.

SERVES: 4

PREPARATION TIME:

25 minutes

COOKING TIME: 30 minutes

For the curry:

- 400g monkfish, cut into bite-sized chunks
- 2 tsp turmeric
- 3 tbsp fresh grated ginger
- 1 tbsp coconut oil or butter
- 1 red onion, finely sliced
- 1 white onion, finely sliced
- 1 red chilli, deseeded and finely chopped

- 1 garlic clove, crushed
- 1 x 400ml can coconut milk
- Juice of 1 lime
- 1 tbsp mustard seeds
- 1 handful fresh coriander, finely chopped

For the rice:

- 1 cauliflower, stalks removed, roughly chopped
- 1 tbsp coconut oil or butter
- 1 tsp turmeric
- 1/4 tsp ground cumin
- 1/4 tsp cinnamon
- 1/4 tsp ground ginger
- Fresh coriander, chopped, to serve

1 To make the curry, put the fish chunks in a bowl with a pinch of salt, the turmeric and ginger. Massage the spices in and leave to marinate.

2 Heat the coconut oil or butter in a large pot over a medium heat for one minute, add the onions and a pinch of salt, and sauté for five minutes. Add the chilli and

garlic and stir-fry for a minute, before adding the coconut milk, lime juice and some pepper. Let it simmer for five minutes, then add the fish and cook at a low simmer for 10 minutes, or until the fish is cooked through. Take it off the heat.

4 To make the rice, put the cauliflower into a food processor and process for a few minutes until you get a rice-like consistency.

5 Heat the oil or butter in a saucepan over a medium heat for one minute, then add the spices and stir for another minute until fragrant. Throw in the cauliflower rice and sauté for three minutes, stirring constantly, until it's cooked through. Sprinkle with some fresh coriander.

6 Dry-roast the mustard seeds in a frying pan for one minute, then crush them slightly. Sprinkle the fresh coriander and mustard seeds over the top of the curry and serve with the spiced cauliflower rice.



“ The coconut milk makes this Indian-inspired curry very satisfying ”

“
Rawness ensures the vegetables retain their nutritional value
”



RAW PAD THAI

This is a great raw take on Thailand's most famous export. Rawness ensures the vegetables retain their nutritional value, and the addition of red pepper sends the vitamin C levels sky-high. Loads of texture, buckets of flavour.

SERVES: 3

PREPARATION TIME: 15 minutes

- 2 courgettes
- 1 carrot
- 1 yellow pepper, cut into thin strips
- 1 red pepper, cut into thin strips
- 2 spring onions, finely sliced
- 100g sugar snap peas, finely chopped
- Bunch of coriander, finely chopped
- 1 red chilli, finely chopped, seeds discarded
- 1 green chilli, finely chopped, seeds discarded
- 100ml coconut milk
- 2 tbsp tahini
- Juice of 2 limes
- 1 tbsp tamari or coconut aminos (available at Amazon)
- 2 tbsp olive oil
- 3 tbsp sesame seeds, to serve

1 Spiralise or julienne the courgettes and carrots, or use a peeler to cut them into noodle or ribbon shapes. Put them all in a large serving bowl and add the peppers, spring onion, sugar snap peas, coriander and chillies.

2 Put the coconut milk, tahini, lime juice, tamari or coconut aminos, olive oil and a large pinch of salt in a jam jar. Seal and shake the jar, then pour the dressing over the vegetables. Stir the salad, then sprinkle the sesame seeds on top to serve.

RAW CHOCOLATE BROWNIES

This is my favourite guilt-free treat. The hazelnuts give the brownies a rich, indulgent feel, which, combined with the energy-boosting raw cacao powder, will keep you coming back for more. They will keep in the fridge for up to two weeks.

SERVES: 6

PREPARATION TIME:

10 minutes, plus freezing time

- 150g hazelnuts
- 150g Medjool dates, stoned
- 50g raw cacao powder
- 3 tbsp coconut oil

1 In a blender, blend the hazelnuts for three minutes. Then, add the dates, cacao powder and a small pinch of salt. Slowly add the coconut oil as the mixture is blending and allow it to mix in for a few minutes.

2 Once the mixture is totally blended together, transfer it to a cake tin or baking dish with a spatula. Put the mixture in the freezer for 30 minutes, then refrigerate until you're ready to serve. □

Get The Glow: Delicious And Easy Recipes That Will Nourish You From The Inside Out by Madeleine Shaw (Orion, £20)



For more feel-good recipes from Madeleine Shaw, go to REDONLINE.CO.UK

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MY YEAR OF THINKING MINDFULLY



Frequent low days, too much worrying and losing her temper started science writer Emma Young on a mission to investigate what could bring her mind back to health. This is what she discovered



It's 3.15am and my brain is simmering with self-reproaches. Why did I lose my temper with Jakob, four, and Lucas, two, at bath time? It was only water on the floor. And I should have finished writing that article last night – now I'll never hit deadline. In fact, why did I ever decide to leave the regularity and camaraderie of my office job? I'm 40, I'm surely unemployable now...

3.15am, almost two years ago. My mind was all over the place. Not only did I often lie awake worrying, but I had frequent low days, though I wasn't depressed. I worried too much, though I didn't have full-blown anxiety. Yes, I lost my temper – but not all the time. I was just... getting by.

With my degree in psychology and 20 years' experience as a science and health journalist, I decided to research how to build a stronger, happier, more resilient mind. Over an intense year, I interviewed everyone from an apparently ageless yoga and meditation expert at Yale University to Sheffield's world kickboxing champion. And I became my own experiment, trying out the techniques I explored.

Two years on, I'm not perfect, but low days are a lot less common. These are my mind-strengthening strategies:

1 DISCOVER YOUR RELAXATION RESPONSE

First on my list was meditation. I tried different types, from mindfulness in a high school in Altrincham, Manchester, to Transcendental Meditation in an office suite in midtown Manhattan.

The breakthrough came as I interviewed a maverick professor at Harvard Medical School. Dr Herbert Benson, one of the first Western scientists to take meditation seriously, told me that, based on over 50 years of research in his labs, any style of meditation works if it does one thing for you: breaks the train of everyday thinking, and kicks in your relaxation response.

So how do you know you've got there? For me, I first felt that rush of energised peace at my desk, with Benson's hypnotic voice drifting up from my phone. Now, I try to do Benson's 10-minute technique whenever I can: in the car, before I collect the boys from school, even with Jakob – I've taught him, too. You just sit for 10 minutes, eyes closed, choose a word – perhaps peace or love – and silently utter it on the out-breath. If other thoughts come to mind, think, 'Oh well', then return to the word. That's it.

2 FIND YOUR GROOVE

I realised I didn't use music enough when I read a study showing the right track can make you feel happier or more tender, calmer or more energetic, more loving or more joyful. Lawrence Parsons, a former professor of cognitive neuroscience at the University of Sheffield, was recommended to me by all kinds of experts, as *the* person who knows about music's effect on the brain. After speaking with him, I decided to play the *Frozen* soundtrack at bath time. The result? A lot less squabbling and >





a lot more singing. The neighbours might not love it, but I'm sure they find it preferable to screeches.

If I feel my mood start to slip, I now force myself to use a tune a bit like a pill: one *Budapest* by George Ezra and I'm back on a positive track. Choose a song you like and that's the one that'll trigger your brain's reward centre.

3 DITCH THE SUNGLASSES

3 Your internal body clock can fall out of alignment with the 24-hour day and, when that happens, low mood and lethargy can follow, says pioneer researcher Professor Michael Terman at Columbia University in the US. One of the best ways to prevent a misalignment, or to fix it, is to expose your eyes to full-strength sunlight, first thing. Start your day with at least 20 minutes outside without sunglasses (but don't look directly at the sun, of course).

4 EXERCISE YOUR MIND

4 Exercise and I parted company the minute I was no longer required to endure it at school. Then I visited Dr Matthew Stults-Kolehmainen, the resident exercise specialist at Yale Stress Center. Exercise, he told me, strengthens the mind. We know about 'feel-good' endorphins, but exercise also tweaks the activity of the brain's stress pathways, warding off anxiety, and boosts the growth of new brain cells, protecting the brain from the damaging effects of worry.

So how much exercise do you need to reap the maximum psychological benefits? 150 minutes a week of moderate-to vigorous-intensity exercise, ideally five 30-minute sessions. They have to get your heart rate going, but that doesn't necessarily mean the gym. Dr Stults-Kolehmainen does what he calls 'hard' housework once a week, including doing squats with his laundry basket!

Two and a half hours. It's a lot, but less than I'd feared. Now I do three gym visits, one exercise class and brisk dog-walking every week. And while at first it was tough, I've found the more exercise I do, the more I want to do.

5 TALK TO STRANGERS

5 I'm more introvert than extrovert; while I have friends I love dearly, I used to avoid casual social interactions at any cost. Then I read about a study

The 10-second calm-down technique

This is a very quick technique, promoted by the UK's Mindfulness in Schools Project (mindfulnessinschools.org). If you're not familiar with mindfulness, here's a preparation exercise that's useful to try first. Close your eyes, and notice where your conscious awareness is focused. Perhaps it feels as though it's right inside your head. Now try shifting that awareness to your feet. What physical sensations are you aware of? Are your toes warm or cold? Comfortable or pinched?

conducted on rail commuters in Chicago. It found people who were instructed to strike up conversation with a stranger reported a boost to their mood – and this held whether they were extrovert or introvert. Now, I consciously try to chat to cashiers in the supermarket, people in the park. It's a simple, quick mood lift.

6 RECOGNISE THE POSITIVES

6 According to online tests I've taken, I'm a pessimist. Apparently, this is bad news if your goal is to be mentally strong. One suggestion from Martin Seligman at the University of Pennsylvania (a man often called the father of positive psychology) is to write down, every evening, what went well in the day, and why. The first time I tried this, I felt a bit awkward. I wrote, 'The kids and I walked to school – we all got exercise and nobody got upset. Why? Because I made an effort to be encouraging, and tried to get them to focus on fun things, like seeing cats and patting passing dogs.' Even before I got to my second point, I was feeling better.

Mindless pep-talk ('You're a wonderful person! You're going to be so super-successful today!') would never work for me, but this is based on reality. I don't always find time, but I try to do it, because it helps me focus on the positives, and my role – however limited – in making things go well.

7 FORGIVE YOURSELF

7 What if you find yourself worrying about something you can't change? Or lose your temper? While I'm a lot better now, I'm not perfect. I'll still occasionally yell at Jakob for chucking bathwater in Lucas' face. And while I now enjoy exercise, I don't always make all of my 30-minute sessions. If I deviate from my goals, I remember a strategy I learned in New York, during a talk on the science of compassion. The gist: so long as it isn't happening all the time, forgive yourself. Sounds simple, but it was a revelation to me. I'd spent decades fervently believing there's no excuse for poor behaviour. And here was someone saying it's okay – actually, better than okay – occasionally to give yourself a break.  *Sane: How I Shaped Up My Mind, Improved My Mental Strength, And Found Calm* by Emma Young (Yellow Kite, £12.99; out June 4th)



Focus on how they feel. Now do the same with your breathing. Can you feel the air passing over your nostrils or your tongue?

NOW, DO THE TWO-STEP PROCESS:

1 Sink your conscious awareness down to your feet.

2 Bring your awareness to your breath.

And that's it. I find it helps to stop me losing my temper with my kids (in a way that counting to 10 never did), and it can damp down panic in a flash.

Watch a video of the 10-second calm-down technique at REDONLINE.CO.UK

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FITNESS

YOUR HOLIDAY POOL WORKOUT

Twenty minutes is all it takes to turn a sunshine swim into a toning routine, says Jenny Landreth – after which you can get straight back to your lounger

THE SPLASH AS YOU SLIP INTO THE POOL

the bliss of cool water on sun-warm skin. There's such pleasure in holiday swimming, but it's also an opportunity to transform your time in the water, to turn 20 minutes dandling up and down into a lasting fitness habit.

I used to be a 'head up, sunglasses on' swimmer; then, aged 45, I decided to have lessons. The more I swam, the more I started to love the peace and energy I got from swimming, and now, I swim five days a week. In the water I'm just a swimmer – everything else disappears.

If calling it a 'workout' breaks your holiday spirit, call it a wellbeing exercise. My mantra, which I repeat in my head as I swim, is: 'Relax.'

Before you go, invest in goggles. My enormous Aqua Sphere Vistas may swamp my face but they have transformed my attitude to putting my head under water, from which all good swimming strokes spring. If your head's up, your legs are down and you bob along like a seahorse.

Start with a few gentle lengths, focusing on a good glide at first

(push off with your head under, looking down, your arms like an arrow). Then set yourself a schedule, including all the strokes you can do. My sample small holiday pool plan (see right) is for confident swimmers, but if you're not, the key is just to try new things, mix it up every day.

Set a goal. It might just be putting your begoggled head under water (smiling optional). Or it might be doing 20 minutes without stopping. Or count your strokes for a length, and make it your goal to decrease that number (in front crawl and backstroke, by reaching and rolling through each stroke). If there are children who have had swimming lessons to hand, ask their advice on your stroke – they might even be your main cheerleaders.

Finally, a challenge: try something at the end of your holiday that you wouldn't have attempted at the start. A dive, maybe? Or even just swimming with your head under the water. And most of all, keep telling yourself, 'Relax.'

Swimming London by Jenny Landreth (Aurum Press Ltd, £12.99)



JENNY'S 20-MINUTE SWIM SCHEDULE

WARM-UP:

- 2-4 lengths at a leisurely pace, really stretching as you swim.

NEXT:

- 2 lengths front crawl, at around 50% effort
- 2 lengths front crawl, 60% effort
- 2 lengths front crawl, 75% effort
- 2 lengths front crawl, kick only, using a float
- 2 lengths backstroke, kick only, using a float
- 2 lengths breaststroke, kick only, using a float
- 2 lengths front crawl, with your hands in fists
- 2 lengths front crawl, breathing every 3 strokes. Short rest, then 2 lengths breathing every 5 strokes
- 1 length counting your strokes, then 1 length trying to decrease the number
- 2 lengths front crawl, arms only
- 2 lengths breaststroke, arms only
- 6 lengths at a steady pace, without stopping

FINAL BIT:

- Sprint for one length. Short rest, then repeat

COOL-DOWN:

- 4-6 lengths of your choice, at a relaxed pace

ASK PHILIPPA

A reader wants to stop overworking and get over her dread of holidays.

Fix yourself and the rest will follow, says *Red*'s agony aunt, psychotherapist Philippa Perry

Photograph TRENT McMINN

It's sunny outside, and summer – which should be fun, and a source of anticipation and happiness – has, as usual, brought home the reality that something is wrong with my life. Most nights, I lie awake crying into the early hours.

I'm 40 and have a demanding full-time job that takes from me emotionally as well as time-wise. What job doesn't? But, over the past couple of years, as soon as I've finished work for a break or holiday, I become extremely depressed and tearful, full of angst and dread. I can't wait for the stress of work to stop, but the run-up to a holiday is so pressured, it almost negates having time off. Then, once I'm on holiday, I feel desperately anxious.

I think it's because work has become the most important thing in my life. When the structure and routine of work aren't there for longer than a weekend, it's almost as if I can't cope.

It could also be partly because when I have time to myself, the fact that I don't have children hits home. I have a long-term partner and would love to be married, but he shows no sign of it. The reality of our choice not to have children



causes me a huge amount of pain. I no longer look forward to spending time off with my partner. Whether he is the cause or effect of these bad feelings, I don't know.

I have lovely friends, plenty of interests and I treasure my wonderful parents. But even that has a downside: it makes me fearful of the future when they're not here, knowing I'll never be able to share what I have with them with children of my own. What can I do?

Anonymous, via email

Everyone needs people they think of as a human home. The people we go to when we have news or need comfort. These people are our significant others, sometimes known as 'attachment figures'.

A lot of us are able to take our tribe for granted, however it's made up. It might be parents – it sounds like it is for you – or siblings, children, wider family, a close-knit

group of friends or sometimes just a partner. I expect on some level, perhaps even unconsciously, you believed children would fulfil this need for attachment figures as you got older. Now you know this isn't going to happen, it's put you in a spin. You can ignore it at work, but when it's time for a break? You panic.

You have good friends, interests, but somehow no real anchor apart from your parents. Is this perhaps why you want to be married; not because you enjoy your partner's company but for the security that you will have a 'next of kin' when your parents pass on?

Not enjoying his company could also be to do with your building resentment, feeling the choice you made was more his choice than yours. Or that he hasn't read you on the marriage question and so fulfilled your need for more security. This might be difficult for you to articulate; it may make you feel too vulnerable. It may be you are ideal partners but the important things left unsaid are stopping you feeling close at the moment.

I can only guess from your email what might be going on. But whatever the cause of your turmoil, stop trying to squash it with work and use your holiday to unpack it. Go on a therapeutic holiday, ideally with group therapy, either with your partner or without him. I recommend hoffmaninstitute.co.uk or the Skyros Life Choices programme (skyros.com).

At the moment, it sounds as if you fear your emotions. But I want you to learn to use them as pointers, helping you decide what to do next. I even want you to make friends with your needs and vulnerability so you don't dread having time with yourself. When you can do that, you give yourself the chance to feel closer to others and therefore more secure in your life.

Finally, if, unconsciously, you did believe a child would have been an attachment figure for you, remember there's never any guarantee life would have turned out like that. ☺

WHAT DO YOU NEED TO ASK PHILIPPA?

Philippa would love to give you an answer to your problem, whether it's about life change, work-life balance or work issues, expectations or confidence, goals and ambitions, children or fertility, friends, frenemies, partners or relations. Email her in confidence at therapy@redmagazine.co.uk. You'll find all Philippa's past columns at Redonline.co.uk.

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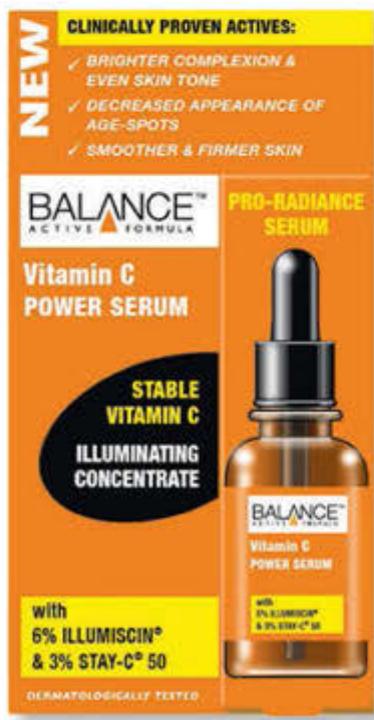
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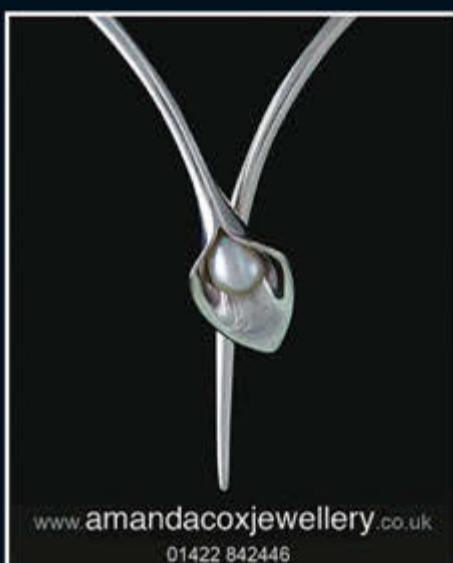
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Jones Bootmaker
jonesbootmaker.com
Joseph joseph-fashion.com
Just Cavalli At Harrods
K-Way k-way.co.uk
Kate Spade New York
katespade.co.uk
Kiko kikocosmetics.co.uk
Koku At Net-A-Porter
Korla korlahome.com
La Montaña
lamontana.co.uk
Lancaster At Debenhams
Lancôme lancome.co.uk
Land's End landsend.co.uk
Lanvin lanvin.com
Laura Gravestock
lauragravestock.com
Laura Mercier
At Space NK
Laurence Doligé
020 7486 4800
Liberty liberty.co.uk
Lily and Lionel
At Harvey Nichols
Loaf loaf.com
Lomography
lomography.com
Longchamp
longchamp.com
Loriblu loriblu.com
Louis Vuitton
louisvuitton.co.uk
LSA At Amara
Maje uk.maje.com
Manebi At Avenue 32
Marc by Marc Jacobs
At Mr Porter
Margaret Howell, MHL
by Margaret Howell
margarethowell.co.uk

Marimekko At Heal's
Marni marni.com
Mary Katrantzou
At Matchesfashion.com
Massimo Dutti
massimodutti.com
Matchesfashion.com
matchesfashion.com
MaxMara
maxmara.com
Méduse 020 7486 4800
Michael Kors, Michael Michael Kors
michaelkors.com
MiH Jeans mih-jeans.com
Minnetonka At The Natural Shoe Store
Missoni, M Missoni
At Amara; Very Exclusive
M Missoni At Harrods
Monica Vinader
monicavinader.com
Mr Porter mrporter.com
Myakka myakka.co.uk
The Natural Shoe Store
thenaturalshoestore.com
Net-A-Porter
net-a-porter.com
New Balance
newbalance.co.uk
Next next.co.uk
Nicole Farhi
nicolefarhi.com
Oliver Bonas
oliverbonas.com
Otago otagodesign.com
Oxydo 0800 7234 5600
Paloma Blue
paloma-blue.com
Paul Andrew
At Matchesfashion.com
Paul Smith
paulsmith.co.uk
Piz Buin pizbuin.com
Pols Potten
At Amara; Heal's
Principles by Ben de Lisi
At Debenhams
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Sally Hansen At Boots
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Sergio Rossi
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Sheriff & Cherry At Liberty
Shiseido shiseido.co.uk
The Shop at Bluebird
theshopatbluebird.com
Sisley Paris
sisley-paris.com; John Lewis
Skagen At John Lewis
Smythson
At Net-A-Porter
Sonia Rykiel
soniarykiel.com
Sophia Webster
sophiawebster.com
Sophie Anderson
At Matchesfashion.com; The Shop at Bluebird
Sophie Hulme
sophiehulme.com
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Speedo speedo.com
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stelladot.co.uk
Stella McCartney
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St. Tropez st-tropez.com
Stutterheim
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Swarovski
swarovski.com
Tesco tesco.com
Theodora Warre
theodorawarre.eu
Thermos At John Lewis
Tiffany & Co
tiffany.co.uk
Timberland
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Toast toast.co.uk
Tod's tods.com
Tom Ford 020 3141 7800
Tommy Hilfiger
uk.tommy.com
Topshop topshop.com
Tory Burch
toryburch.co.uk; Net-A-Porter
Tresemme
tresemme.co.uk
Triangl triangl.com
Trilogy
trilogystores.co.uk
Urban Decay
urbandecay.co.uk
UVÖ drinkuovo.com
Velvet by Graham & Spencer
At Matchesfashion.com
Very Exclusive
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Violet Lake
violet-lake.com
Warehouse
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YSL Beauty
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zarahome.com
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Zeus + Dione
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STARS

Yasmin Boland reveals what's in store for you this month

Illustration PETRA BÖRNER

CANCER

June 22nd-July 22nd

This month is very powerful, but you'll need to be on your best behaviour if you want to make the most of it.

Doing something calming like yoga will really help, so don't cut corners and then wonder why you feel like a volcano about to explode!

LEO

July 23rd-Aug 23rd

If ever there were a time to face your fears, this is it. Be honest with yourself about what keeps you up at night, and work out where that fear came from. Once you know its source, it'll be easier to overcome. Releasing your fears will allow you to do what it takes to make your dreams come true. Simple, really.

VIRGO

Aug 24th-Sept 22nd

Start making wishes. Write them down and then turn them into intentions, complete with action plans that you can follow through. Your wishes zone has more power in it now than it will for the next two years – you might as well harness it. Also, look to see which friends or contacts can help you.

LIBRA

Sept 23rd-Oct 23rd

The new moon is in your career zone, suggesting there are some big moves afoot for you job-wise. If you're finding it hard to manage your career ambitions and home life (who doesn't?), one key to success will be to really pace yourself. And be mindful of your temper: charm people, don't shout at them!



SCORPIO

Oct 24th-Nov 22nd

You have pretty amazing stars right now – you're proof that hard work really does lead to success. So decide what you want to achieve now and then work like a dog to get it. You're good at this; Saturn has taught you well. Just a few more months and you'll be into an easier cycle.

SAGITTARIUS

Nov 23rd-Dec 21st

This month brings some powerful energies into the part of your chart that's all about sex and money. If you know something has to change in either or both these parts of your life, this is the month to make it happen. You will be bold and brave. Blast fears away and better times will follow, sexually and financially.

CAPRICORN

Dec 22nd-Jan 19th

The stars are on your side this month, especially when it comes to partnerships, both personal and professional. If you have an issue to sort out with your partner or an ex, talk things through this month – but do not fly into a rage! If you're single and looking, expect to meet someone who makes you go 'wow'.

AQUARIUS

Jan 20th-Feb 18th

Most of us have routines and they can be a drag at times. But routines can also change. This month, the skies totally support you getting some new habits. In particular, anything that relates to your wellbeing (like your exercise or diet regimes) is ripe for change. Shake things up for better health.

PISCES

Feb 19th-Mar 20th

The pressure is off you at work for a bit, so here's an order from the universe: go and have some good old-fashioned fun (it doesn't have to be toxic!). Stop working yourself into the ground or worrying about irrational things. Having a good time is the number-one way to manifest... having more of a good time.

ARIES

Mar 21st-Apr 19th

A new cycle is starting in your personal life. For some it's about buying, selling or moving house, or even countries. For others, it's about something that has to give between the demands of your personal and work life. The trick is not to burst your emotional boiler – especially mid-month. You can have it all.

TAURUS

Apr 20th-May 20th

As dreary Saturn rolls back through your love zone this month, you have a choice: you can allow the pressure to crumble a key relationship, or you can harness the firepower in the skies and change how you think and – crucially – communicate. Got a problem? Use what the past few years have taught you.

GEMINI

May 21st-June 21st

You're probably under pressure financially, have been for a few years and will be for a few more. However, this pressure can be like the force and heat that turns gold into gold coins. Get it? This month, the new moon and Mars are sending you very good money vibes so be proactive about your income. ☺

MY FAVOURITE THING



SIMON PEGG

For the comedic actor, it's the ultimate snowboard – a gift from Tom Cruise – that gives him the feeling of complete freedom

Photographs RICK MORRIS PUSHINSKY

was about 40 when I first started snowboarding properly. I'd tried it before but never put the time in to become skilled. But I was obsessed with it and even used to dream about it. Five years on, I love the whole experience, the mountains and the snow and the extraordinary feeling of being really free. I usually put on my helmet, play my music and just sort of lose myself.

These are my two favourite snowboards. The one on the right was a Christmas gift from my wife and Tom Cruise gave me the other one. At the time I was in Vancouver shooting *Mission: Impossible – Ghost Protocol*. My daughter was about 10 months old and I was away from home and missing my family. Whenever I wasn't filming

I focused on something that would entirely occupy my mind. I snowboarded every hour I could and by the end of the shoot I was riding with the stunt team.

Tom and I never snowboarded together, but we'd talked about snowboarding. On the morning of my 41st birthday I came to work, walked into my trailer and propped up against a wall was the snowboard with a bow on it. It was the snowboard I wanted most in the world: Tom is very thoughtful and he'd phoned my sister to ask what I'd like for my birthday. Catering also hung out the British flags, set up a Mariachi band and gave me a cake. It was like Christmas morning.  *Simon Pegg stars in Man Up, in cinemas now*



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